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Kabhie khushi kabhie gham...

■ **JOY AMIDST THE SORROW:** Nasreen Karim with comedian Tez Ilyas entertain the crowd in a bid to raise money for child bereavement services

Marking ten years since the tragic death of a Bradford woman, who left four young children behind, became the focal point for bereavement support. At the time her children were two, five, nine and eleven years old.

The event was organised by local solicitor Nasreen Karim in loving memory of her sister Shaheen Akhtar. The event raised an impressive £8,730 for child bereavement services.

Hosted by comedian Tez Ilyas (Live from the Apollo) the evening included performances by Infiniti, Stage 84 and The Discount Comedy Checkout.

A diverse audience from across Bradford's communities came together and found it an evening of both laughter and tears.

"Ten years ago, my otherwise, healthy young sister died within days of her first going to see doctors complaining about severe headaches.

"At the time, medics were not establish what caused Shaheen's multiple brain hemorrhages, nor could they treat her. We lost her within a week - we were completely broken as a family, and her children couldn't fully understand where their mother had gone."

Continued on page 6



Evening of laughter and tears raises funds for bereavement charity

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THE INDIAN



Young professionals taking time off from employment to raise funds for vulnerable people



A group of young men in Wakefield has been taking time off from their jobs in full-time employment to raise desperately-needed funds to aid destitute people.

Raising an astounding figure of £37,887.90 this year, six volunteers from Hope 4 Humanity travelled out on 14th September to the Sindh province in Pakistan to implement various projects such as water aid, food distribution, eye camps, medical aid, assistance with schools and various educational projects to the most vulnerable.

The charity was established in 2017 and operates a 100% donation policy with all costs such as travel, accommodation, campaigning, etc., covered by the volunteers themselves.

But for Hope 4 Humanity, providing aid is also about empowering people. The volunteers in Pakistan are currently providing widows with sewing machines and giving them requisite skills so that they can earn and provide for their own

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families.

Their discipline and commitment to raising monies for charity are highly commendable, and they do this all during the Islamic month of Ramadan.

This year's fundraising figure topped last year's £25,000.00.

The group raises funds from the seemingly simple task of selling cakes during Ramadan. Some twenty volunteers involved in the project, very often going above and beyond the call of duty.

The long hours they commit to Hope 4 Humanity means that not only do they donate their time off from their employment, but also time from their families.

But when you're fasting yourself, it's a mission travelling throughout West Yorkshire, Birmingham and Luton, often going from door-to-door on foot. And then this year's soaring summer temperatures gave them no respite.

This year the team sold over 6,000 chocolate cakes with a heavy presence in Bradford, Leeds, Wakefield, Birmingham and Luton.

Iftar fasts were also hosted by sponsors where further funds were raised. Cakes were also distributed to the Leeds General Infirmary, the Pinderfields Hospital and the Homeless in Leeds at the request of the donors.

In 2018 the charity travelled to Jordan to assist the Syrian Refugees in Zaatari refugee camp which is the largest Syrian Refugee camp and is located along the

Syrian border. The funds raised went towards emergency food packages, medical aid and Educational needs.

Following their 2018 trip, they received recognition from West Yorkshire Police and were granted an award of appreciation by MEND (Muslim Engagement and Development) - an organisation that empowers and encourages British Muslims within local communities.

of their projects.

"Hope 4 Humanity is operated by young volunteers who are all in their twenties and professional careers.

"If you wish to volunteer with the charity next Ramadan please contact them via their Facebook page 'Hope 4 Humanity'.

"We'd also like to thank our sponsors, who should rightfully be named for their generosity: Tubzee Ice Cream, UK Tax Accounting,

Following their 2018 trip, they received recognition from West Yorkshire Police and were granted an award of appreciation by MEND (Muslim Engagement and Development) - an organisation that empowers and encourages British Muslims within local communities

A spokesperson for Hope 4 Humanity said: "Upon the return of our volunteers out there delivering aid, the team will provide us with updates in respect

Jacobs, Naheem Yaqoobs, Tyler Hoffman Solicitors, Bradford Plaza, Personalised Gifts, Art of Cakes, Stumps Cricket, Azhars Barbers."

If you wish to volunteer with the charity next Ramadan please contact them via their Facebook page 'Hope 4 Humanity'.

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“India must treat Kashmir as a great democracy should”

India must end its persecution in Kashmir if it is ever to be genuinely regarded as one of the great democracies, or considered a candidate for the United Nations Security Council.

That was the message from Anthea McIntyre MEP in a speech to the European Parliament.

The Conservative MEP for the West Midlands said: “Forty-three days ago the Indian Government revoked Articles 370 and 35a of the Indian constitution and thus removed, at stroke, the guarantee of Jammu and Kashmir’s autonomy.”

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“We have seen a huge surge in the number of troops deployed there, a total communications blackout, curfews, house arrests and the unlawful detention of local people.”

Miss McIntyre, co-

chairman of the European Parliament’s Friends of Kashmir Group, cited violations of human rights, including the use of shotguns against peaceful protesters.

She said: “Just look at the case of Asrar Ahmad Khan. Despite the denials of the Indian Government, medical records and scans released by the hospital present irrefutable evidence that he died as the result of a shotgun pellet to the head.”

“I visited Azad Kashmir last year and heard heartbreaking accounts of civilians, including infants, being fired at with shotguns.”

“Whatever justification may be claimed – and in these cases there really is none – there can never be any excuse for killing and maiming and blinding small children.”

“I really cannot understand why a great nation like India, which prides itself on the strength of its democracy, behaves in this way.”

“India aspires to be a permanent member of the UN Security Council. Events of the past month are not the actions of a credible candidate.”

Anthea McIntyre



“We have seen a huge surge in the number of troops deployed there, a total communications blackout, curfews, house arrests and the unlawful detention of local people.”

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Evening of laughter and tears raises funds for bereavement charity

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Cover story continued

In preparation for marking ten years since Shaheen's passing, Nasreen also tracked down the Hollingwood Primary school teacher, Mrs Depledge, who had gone out of her way to keep Shaheen's children occupied.

"Having been involved with my nieces and nephews lives has been a privilege, but it hasn't come without extreme grief, sorrow and huge challenges for them."

"They were all just babies really when we lost Shaheen."

"My eldest nephew has now just gone off to university, which has been an amazing achievement for him - I feel a great sense of motherly pride!"

"It was a task to find Mrs Depledge, but we finally did, and invited as a guest of honour to the event."

"Mrs Depledge played a crucial role at the time for my sister's children in primary school. She supported the children and went out of her way keeping them busy in baking, arts and craft activities."

"We're forever grateful to her for all she did at a time when the children were most vulnerable."

The event held at Bradford Hotel was a huge step forward for the Asian communities addressing bereavement.

Nasreen's chosen charity - Child Bereavement UK, supports families and educates professionals both when a baby or child dies or is dying, and when a child is facing bereavement.

The charity has a full-time peripatetic bereavement support practitioner based in Bradford, who can offer support to children and families, as well as bereavement training for schools, social workers, youth workers, and healthcare professionals.

Following the entertainment, there were thought-provoking speeches by prominent members of the community Stan Hardy, Deputy Lieutenant of West Yorkshire, Zulf Karim, Head of the Council of Mosques, Councillor Doreen Lee, Lord Mayor of Bradford. Councillor Lee has made Child Bereavement UK one of her charities of the year as she herself was bereaved of her daughter, leaving her to bring up her two grandchildren.

An especially poignant part of the evening was the panel discussion, for which Nasreen was joined by Councillor Lee and three other members of the community, who courageously shared their personal

experiences of bereavement.

The audience also heard from Ann Chalmers, Chief Executive of Child Bereavement UK, who spoke about the work of Child Bereavement UK and thanked everyone for supporting the charity's work in Bradford.

members of the community who came along to support Child Bereavement UK. The event movingly demonstrated that there are no boundaries where grief is concerned, and how powerful it can be to share those experiences. Grief affects everyone regardless of faith, age, ethnicity or background."

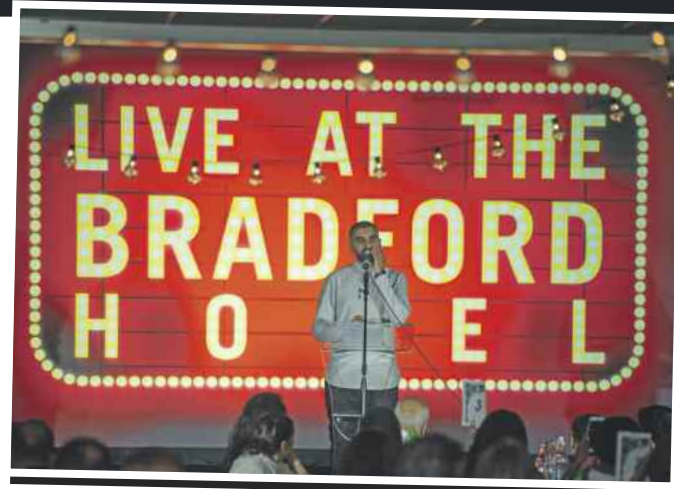
Nasreen added: "This was a very a personal event to me and to many of those attending on the night. We had tears of sadness and tears from laughter, but the message hit home. Grief is real and it affects our mental health. We need to support one another."

"Shaheen was a real inspiration to her family, friends and everyone around her. I think she would have been proud that we supported this worthy cause."

"I really want to thank those of our panel who shared their thoughts with the audience. It was not easy."

"And I want to thank everyone who attended to help make this event a success."

Ann Chalmers said, "We are immensely grateful to Nasreen for organising such a wonderful event, and to the many

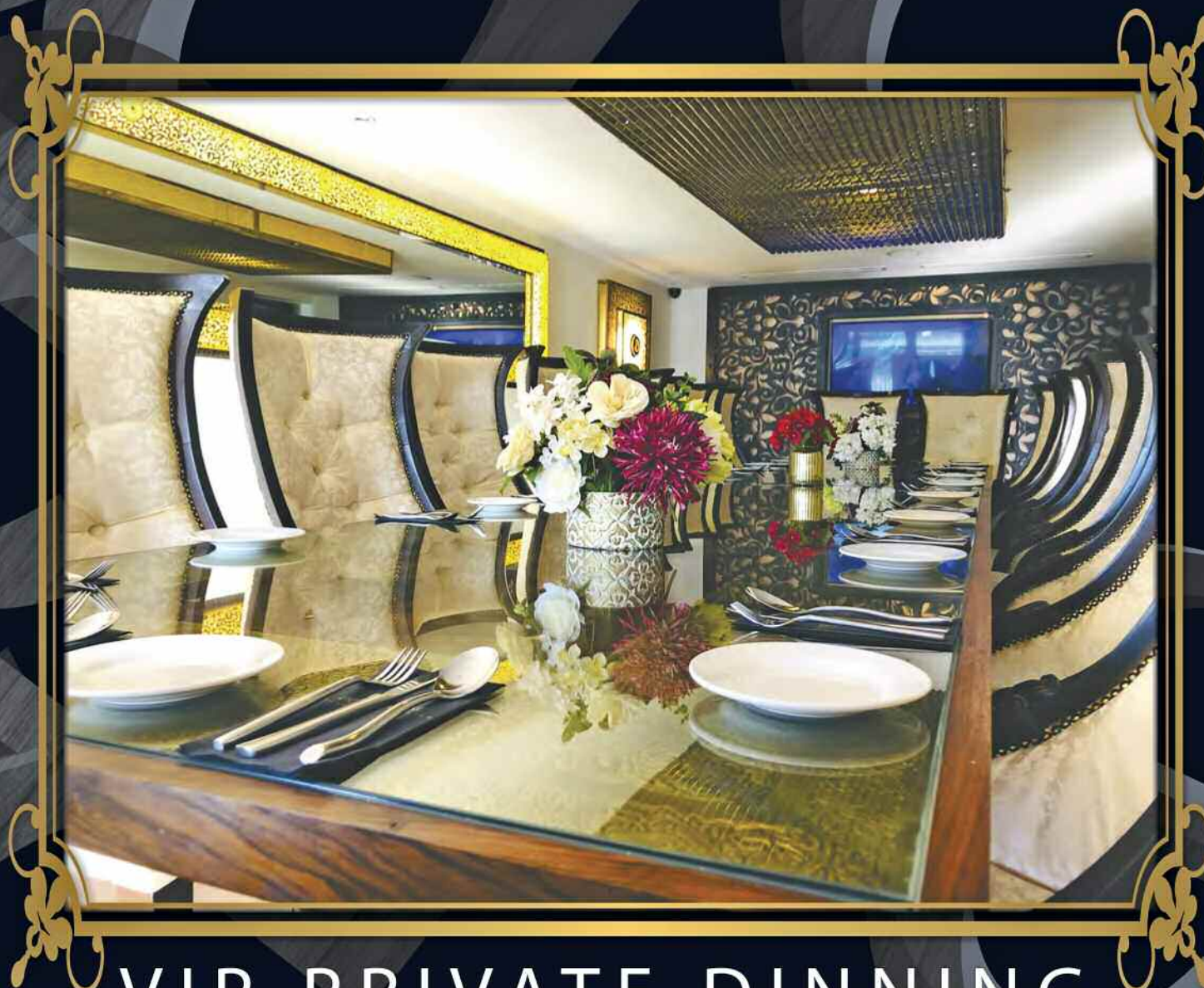


IN MEMORY: Nasreen Karim organised the fundraiser in memory of her sister Shaheen Akhtar who died ten years ago leaving behind young children

'Nasreen Karim has begun monthly 'Tea n Tears' bereavement support sessions. To find out more visit Platinum Partnership Solicitors Facebook page.'

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Scientists prove low cost arthritis drug effectively treat blood cancer sufferers

A simple arthritis drug could be an effective, low cost solution to treat patients with blood cancers such as polycythemia vera (PV) and essential thrombocythemia (ET), a breakthrough study by the University of Sheffield has shown.

Led by Dr Martin Zeidler, from the University of Sheffield's Department of Biomedical Science and Dr Sebastian Francis from the Department of Haematology at the Royal Hallamshire Hospital, as well as the Universities of Oxford and Cambridge, the study results show that methotrexate (MTX) – a drug on the World Health Organisation list of essential medicines that is commonly used to treat rheumatoid arthritis – significantly reduces the symptoms associated with the disease.

Every year around 6,000 people in the UK are diagnosed with either PV or ET, related blood cancers that cause an overproduction of red blood cells (PV) or blood-clotting platelets (ET). Patients often suffer with itching, headaches, weight loss, fatigue and night sweats.

Although current treatments are usually able to control the increased blood counts, they provide little relief from sometimes debilitating symptoms that can often have a significant impact on quality of life.

Building on previous Medical Research Council-funded work in the Zeidler lab that identified methotrexate as an inhibitor of the JAK/STAT signalling pathway, this study examined hospital records to identify existing ET and PV patients already taking methotrexate for other diseases.

Despite the small numbers involved and the presence of background rheumatoid arthritis, these patients reported significantly lower symptom scores than patients not taking methotrexate.

The misregulation of the JAK/STAT signalling pathway in humans is central to the development of Myeloproliferative neoplasms (MPNs), the collective term for progressive blood cancers like ET and PV and is also central to many inflammatory processes such as those associated with rheumatoid arthritis.

Lab-based results showed that low doses of methotrexate acted as a powerful suppressor of JAK/STAT pathway activation – even in cells carrying the mutated gene responsible for MPNs in patients.

Dr Zeidler said: "While we still need to undertake a clinical trial to validate these findings, our results are very encouraging and suggest that a simple drug that has been used for nearly 40 years to treat arthritis can provide significant relief to blood cancer sufferers.

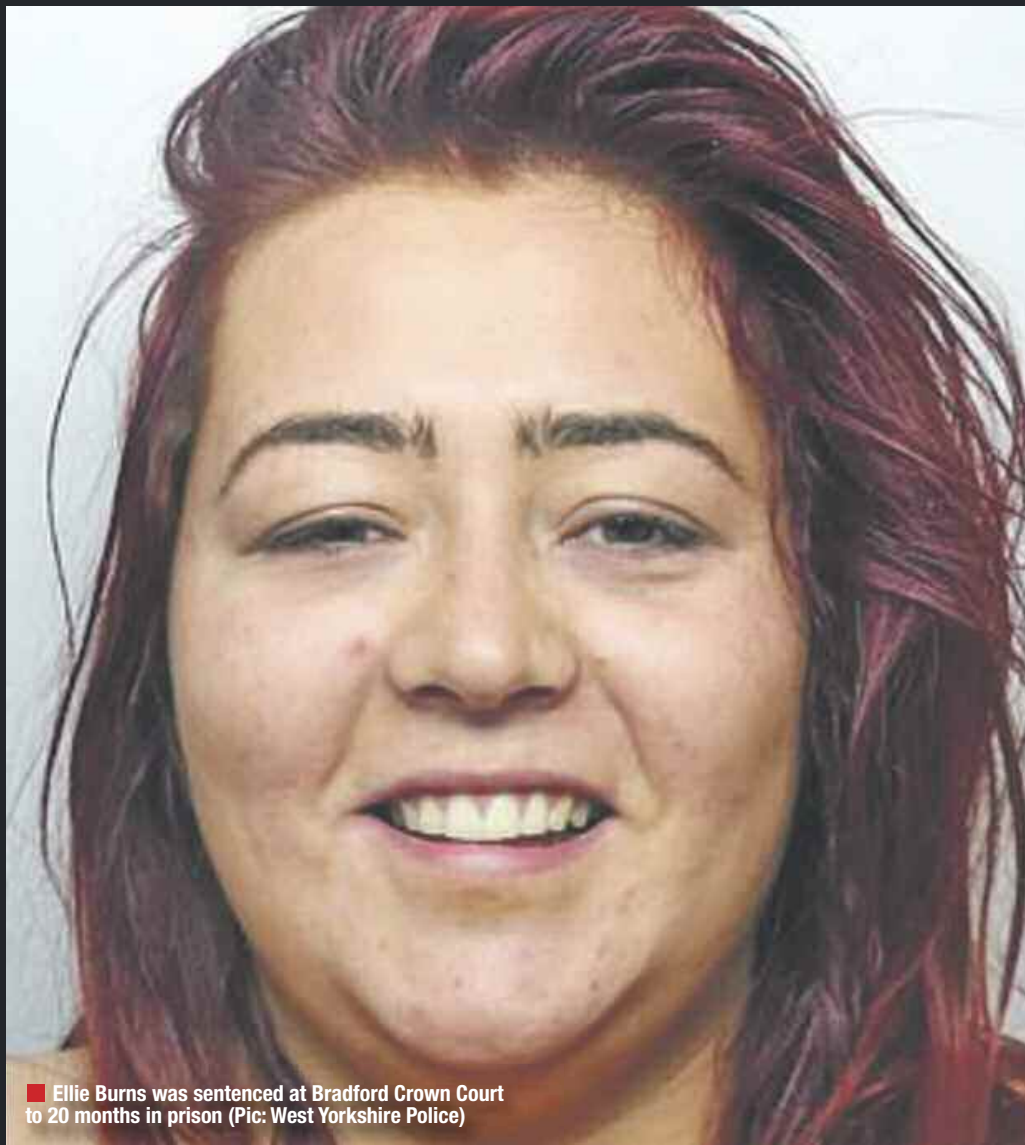
"Patients we tested showed a pronounced improvement in symptoms, something conventional treatments have been unable to provide.

"Given the very low cost of MTX, this research could offer an effective therapy on a budget accessible to healthcare systems throughout the world – marking a potentially substantial clinical and health economic benefit."

An 81 year old PV patient based in California commented: "Methotrexate seemed to do a very nice job of controlling itching and night sweats. My subjective experience of MTX was of a PV holiday."

MTX has been used for 40 years to treat inflammatory diseases including rheumatoid arthritis, Crohn's disease and psoriasis. Even though the mechanisms by which MTX acts in these diseases had not previously been understood, the safety and effectiveness of MTX is well documented and many millions of patients regularly take the drug. Diseases such as rheumatoid arthritis all feature inflammatory processes driven by JAK/STAT activity and the effectiveness of MTX in these inflammatory diseases may well be a consequence of its ability to dampen the JAK/STAT pathway.

Bradford woman jailed for punching Muslim woman & ripping off her hijab in racist attack



Ellie Burns was sentenced at Bradford Crown Court to 20 months in prison (Pic: West Yorkshire Police)

A former care assistant has been jailed for 20 months after she punched a Muslim woman and pulled off her hijab in a racist attack in Bradford.

Ellie Burns, 21, from Bradford, West Yorkshire, attacked two female shoppers on 29th April after they complained she was singing a racist song.

Burns spat at the first woman and pulled her hair, then punched her and pulled off her hijab at Kirkdale Market in Bradford.

She slapped the second victim and pushed her over, Bradford Crown Court heard this week.

Prosecutor Giles Bridge said both women were left deeply distressed by the incident.

Burns then assaulted a police officer called to the scene by scratching and nipping him.

Burns committed the offences 25 days after receiving a suspended prison sentence for vodka and cocaine-fuelled attacks on a taxi driver and five police officers.

Burns pleaded guilty to two offences of racially aggravated common assault and for assaulting a police officer.

On 4th April, she had been sentenced to 15 months' imprisonment, suspended for 18 months, for a racially aggravated assault on a taxi driver, racially aggravated harassment, theft and assaulting five police officers, in April and January last year.

Racist taxi attack: The court heard Burns had hurled racist abuse at the taxi driver and punched him in the face, causing bruising and a cut to his eye. When the police arrived, she struggled during arrest causing a cut to an officer's finger. Back at the station, the officer was kicked and spat at, and Burns threatened to bite his nose.

Her barrister, Camille Morland, conceded she was not suffering from a mental illness but said that she had suffered serious emotional trauma.

She was left with issues of substance misuse and aggression following an abusive relationship when she was introduced to Class A drugs and alcohol.

Burns had conducted herself well in her role as a care assistant, dealing capably with very challenging situations, the court was told.

"When sober and calm, she is insightful and thoughtful – when she is intoxicated, it is another story," Ms Morland said.

The Recorder of Bradford, Judge Jonathan Durham Hall QC, told Burns: "Life hasn't been at all easy for you."

But she had breached the suspended sentence order "conclusively, in a very effective way".

He asked: "How can I overlook a flagrant breach of a suspended sentence?"

He activated ten months of the suspended sentence and jailed Burns for a total of ten months for the new offences, the sentences to run consecutively.

Smokers across the Bradford District are being urged to 'split up' from cigarettes and end their relationship with smoking as Stoptober returns in October.

With support from family and friends it is hoped that smokers within the district will find that Stoptober is the right time to call it quits and re-evaluate their relationship with smoking.

Research has shown that while two thirds of smokers want to quit, they don't make a quit attempt or have a fear of failure.

Smokers can get free local support through Bradford Council's Living Well website and by signing up to the Stoptober campaign. By signing up, smokers have access to the Stoptober app, Facebook messenger bot, daily emails, a Personal Quit Plan and Stoptober online communities.

The Living Well Service can also help people to quit from shisha and the use of chewing tobacco like Paan, Naswar and Ghutka.

Not smoking is now the norm in England - 4 out of 5 people in the Bradford District don't smoke. Despite smoking rates being lower than

Stoptober urges Bradford to split with cigarettes

ever before, there were still over 73,000 smokers with over 2,000 still dying from smoking related illness in the district in 2018.

Stoptober is back for its eighth year and since launching in 2012, the campaign has driven over 1.9 million quit attempts and is the biggest mass participation quit attempt in the country.

Latest figures from the University College London Smoking Toolkit Study suggest that smoking rates in England are dropping at the fastest rate in over a decade, with around 200 fewer smokers every hour.

Public Health Minister Jo Churchill said:

"Thanks to our tough action on tobacco, smoking rates are falling faster than in years – presenting us with the real opportunity for a smoke-free society by 2030.

"Despite this progress, smoking persists in some areas, often those with other challenges, and unfortunately remains the single biggest preventable cause of premature death. This inequality cannot continue.

"I want all smokers to quit, so please, take advantage of the support available this Stoptober and enjoy all the health, social and financial benefits this will bring when you succeed."

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Councillor criticised for tweet about Batley's murdered MP Jo Cox



■ TRAGIC LOSS: Batley MP Jo Cox was murdered during the EU referendum campaign in 2016

A Conservative councillor has been criticised for a "vile" tweet he posted about the murdered MP Jo Cox.

Liam Billington tweeted "anyone would have thought Jo Cox was a saint" after Boris Johnson infuriated MPs with his language in Parliament.

Tory MP Sir Desmond Swayne described the tweet as "beneath contempt" while Labour MP

Angela Rayner said it was "vile".

The Stalybridge councillor has apologised and deleted the tweet.

Mr Billington said the comment "was not made against Jo Cox" but rather "aimed at MPs in Parliament who were using her name in a recent Brexit debate".

"I should have made this clearer," he said.

He added that he "apologised profusely" for any upset caused "as

this was not my intention" and he "absolutely detested what happened to her".

Mr Billington made the comment following a debate in which the prime minister said the best way to honour the Batley MP, who was murdered during the EU referendum campaign, was to get "Brexit done".

Ms Rayner, MP for Ashton-under-Lyne, described the tweet as

"vile, disgusting, repulsive and hateful".

Sir Swayne, New Forest West MP said: "I think she was a saint, and a fantastic individual.

"She was genuinely nice, she was so committed, pleasant to be around and passionate in her support of the most vulnerable people."

People also reacted on Twitter, including constituent David

Munday who said the comment from his local councillor was "shameful and harmful rhetoric".

It is not the first time the councillor's online conduct has sparked controversy.

He was accused of taunting another Tameside councillor with images of Britney Spears during a council meeting in 2017.

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The Duke and Duchess of Cambridge will attend a special event at the Aga Khan Centre on Wednesday 2nd October to meet with individuals from Pakistan living, studying or working in the UK.

The event falls ahead of Their Royal Highnesses' official visit to Pakistan, which will take place between Monday 14th and Friday 18th October.

The event will showcase modern Pakistani culture and will allow The Duke and Duchess to meet a range of people from Pakistan, including community leaders, those involved in British and Pakistani business, and key figures within the Diaspora community, including musicians, chefs and artists.

The Aga Khan Development Network (AKDN) has been working in Pakistan for over a century to improve the quality of life, promote pluralism, and enhance civil society.

Through its development agencies, AKDN works with over four thousand local women's and village organisations and provides a broad range of services within the country, including school improvement programmes, conservation projects, and healthcare facilities.

The Aga Khan Centre in London's King's Cross was inaugurated in June last year and is home to the Aga Khan Foundation, the Aga Khan University's Institute for the Study of Muslim Civilisations.

The design of Aga Khan Centre is influenced by Islamic architectural heritage with the 10,000m2 building appearing to 'float' with its cantilevered façade, hovering above glass walls at ground level. It re-arranges a traditional Islamic architectural format, of multiple spaces organised around ground level courtyards, to a vertical layout - placing a series of open learning and office spaces upwards around a central atrium.



Royal visit for London's Aga Khan Centre

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■ Bishop of Bradford Toby Haworth



Bradford Ambassadors Believing in Bradford announces 2019-20 cohort of city representatives

Fourteen people from from a variety of backgrounds, and members range in age from students to the retired, have been chosen to act as 'Bradford ambassadors'.

The cohort, which will serve for the next year, was announced by Believing in Bradford, who aim to showcase the diversity of the city and district on a national level.

The new Ambassadors will start work with an introductory session on 5th October, and will then represent the city and district at a variety of occasions and events, working with the Bishop of Bradford, the Right Revd Toby Howarth, and Bradford Ambassadors from previous years.

Raj Parmar of Sunrise Radio in Yorkshire is one of the new Ambassadors. Commenting about being selected as a representative for the city he said: "I am truly honoured and humbled to have been selected as an ambassador for Bradford."

"I absolutely love this city and look forward to promoting the opportunities that exist and working alongside the team to ensure Bradford is seen in a positive light not just locally but on a national and international scale."

Bishop Toby said: "I am delighted to see the enthusiasm that these people have for Bradford, and look forward to getting to know them as we work together for the good of our district."

Lord Mayor of Bradford, Councillor Doreen Lee, said: "Former Believing in Bradford volunteers have done a brilliant job promoting our District and I look forward to meeting the new members chosen to act as Bradford Ambassadors for 2019/20."

■ Raj Parmar



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Bailing out 155,000 passengers stuck abroad will cost taxpayers £100m

Thomas Cook collapse



The first of 155,000 British tourists are being flown back home after travel agent Thomas Cook collapsed on Monday 24th September.

The UK's Civil Aviation Authority (CAA) is co-ordinating the repatriation, the biggest in peacetime, after the tour operator "ceased trading with immediate effect".

Thomas Cook's administration puts 22,000 jobs at risk worldwide, including 9,000 in the UK.

The tour company's boss Peter Fankhauser said the collapse was a "matter of

profound regret".

Thomas Cook, whose roots go back to 1841, went bust after last-ditch talks to raise fresh funding failed. The government apparently denied a £250m bailout asked by the company.

While an estimated 155,000 Britons are affected by Thomas Cook's collapse, the company has up to a further 450,000 customers abroad, some of whom have been affected.

About 800,000 British people had future bookings with the company.

Operators including easyJet

and Virgin have supplied some aircraft, with jets coming from as far afield as Malaysia; and the CAA - a body set up by the Department for Transport (DfT) - has chartered 45 jets to bring customers home from locations including Central America and Turkey, and undertaking named 'Operation Matterhorn'.

Overall, Operation Matterhorn will cost the taxpayer around £100m said Transport Secretary Grant Shapps.

All Thomas Cook holidays are now cancelled and customers will need to seek

compensation via the government's Atol scheme, or from their credit card or insurance companies.

Some passengers trying to get home have reported queues and disruption at airports, while others complain they have been left in the dark about what happens next.

UK customers will be brought home "as close as possible" to their booked return date, the Department for Transport (DfT) has said.

Customers will be on special free flights or booked on to another scheduled airline at

no extra cost, with details of each flight to be posted on a dedicated website as soon as they are available.

The DfT added that a "small number" of passengers might need to book their own flight home and reclaim the costs.

Customers have been urged not to cut short their holiday or go to the airport without checking the website for more information about their return journey.

The CAA is also contacting hotels accommodating Thomas Cook customers, who have booked as part of a package, to tell them that the cost of their accommodation will be covered by the government's Air Travel Trust Fund and Air Travel Organiser's Licence scheme (Atol).

Customers seeking information can visit the CAA's special Thomas Cook website. Those scheduled to return to the UK within the next 48 hours or who are having problems with their accommodation or need special assistance can ring 0300 303 2800 in the UK or +44 1753 330 330 from abroad.





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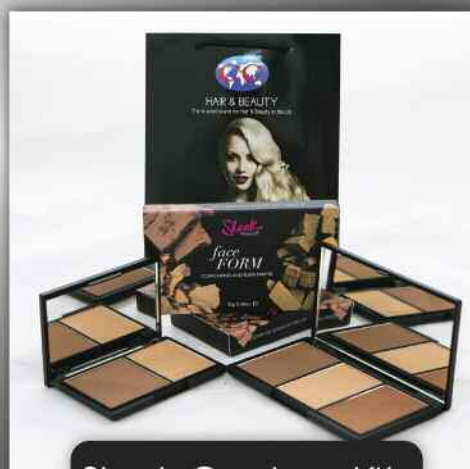
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Kashmiri-Afghani-British artist showcases essence of Indian architecture



Not a Taj Mahal in sight

Crumbling palaces, echoing pillared halls, mesmerising carving and dreams in stone are the inspiration for this, Natasha Kumar's latest show at Railings Gallery, an exhibition of unique works on paper that captures the essence of Indian architecture.

Quarter Kashmiri and quarter Afghani on her father's side, distilled Derbyshire on her mother's, the sub-continent is in her artistic genes.

Her work captures the spaces and elements she seeks out on her journeys around North India.

The sense of place, rich emotion and meaning that she finds, Natasha brings back to us conveyed through rich colours, intricate design, subtle and evocative textures. Always with a twist that makes her work unique, and exciting.

In that spirit, and with Diwali approaching, is Ganesha, gazing from his stone step-well niche. Ever ready to assist us on our own journeys of fortune and success, he carries his symbolic implements in hand: the broken tusk to write the Vedas; the goad to check and guide; the mace to strike obstacles. And a bowl of ladoos, sweet blessings.

The patina of ancient stonework and colours of Rajasthan in the Carved Jali series take us to the echoing, eerie spaces of Bundi Palace.

In the Choti Jali series bright sunlight pierces the private windows of the women's quarters. The abstract and the

actual come together to vivid effect in the Rasa Collection, Natasha's own meditation on that quintessential North Indian motif, the chhatri.

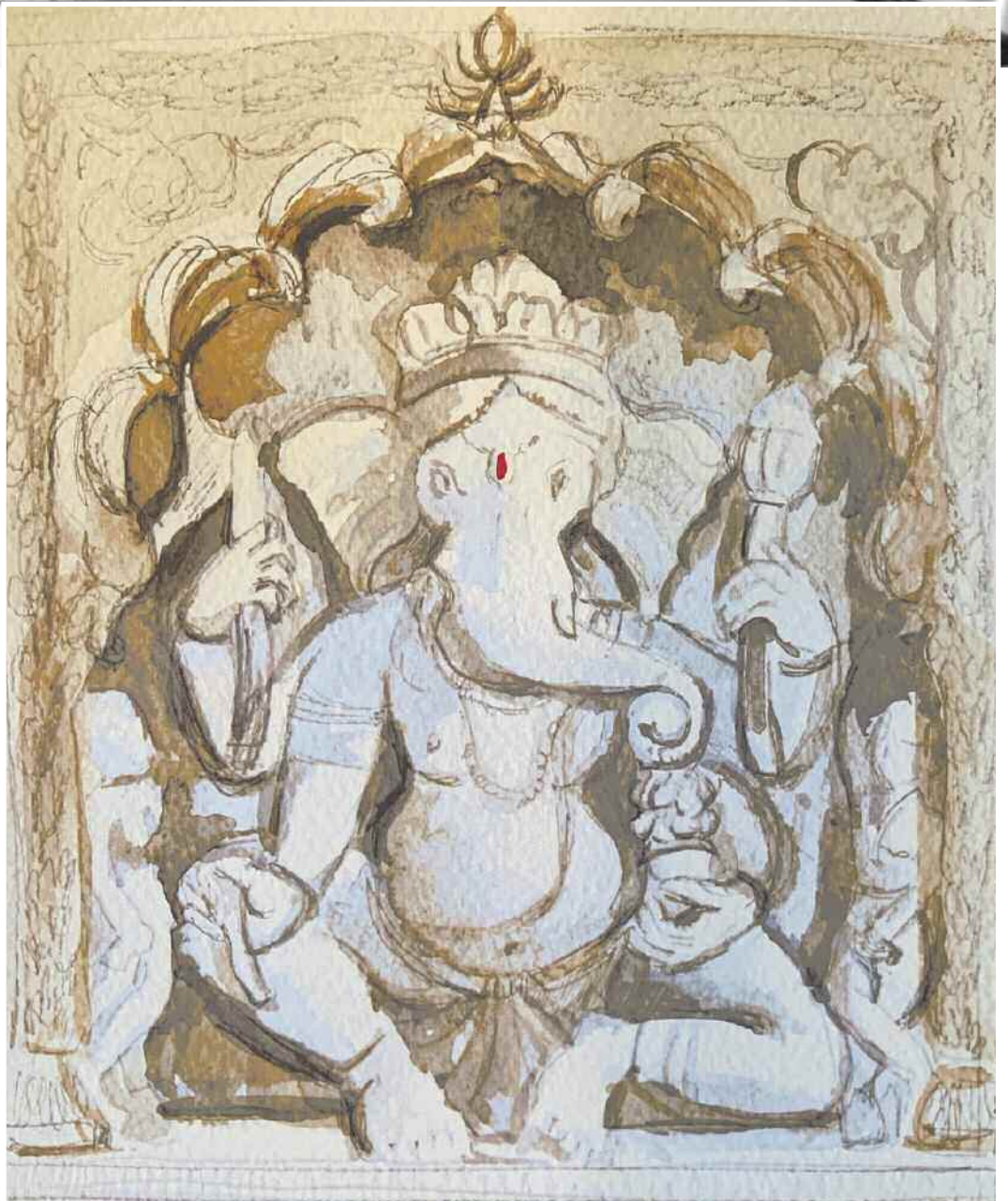
Last year Soho House bought her work for its latest premises in Mumbai, and she was won the Rise Arts International Screen-printing Award, judged by Harland Miller

Natasha Kumar's first show was at the age of 17, the Royal Academy Summer Exhibition. Since then via London galleries and art fairs, exhibitions at the Royal Geographical Society and a 5-month solo show at the Southbank, she has acquired an extensive following among discerning collectors in the UK and worldwide.

Last year Soho House bought her work for its latest premises in Mumbai, and she was won the Rise Arts International Screen-printing Award, judged by Harland Miller.

In her work it emerges as a riotous collision of colour and character, a sense of place and people and palace. Not a Taj Mahal in sight.

Eloquent Spaces at Railings Gallery will run from 7th – 31st October 2019.



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High dose statins could be made available directly from high street pharmacies as part of the NHS Long Term Plan to cut heart disease and stroke, NHS chief executive Simon Stevens has announced.

In a new review, England's top pharmacist Dr Keith Ridge and newly-appointed director of primary care, Dr. Nikki Kanani, will look at how the cholesterol-busting drugs could be provided by high street chemists.

Although low dose statins can be given over the counter, they are not generally made available by pharmaceutical firms, and making the most effective and powerful versions safely available, without a doctor's prescription, could prevent thousands more deaths and countless more heart attacks and strokes.

It's estimated that as many as two-thirds of people most at risk of heart attack and stroke do not take statins, but would benefit from doing so.

Statins have been shown to be effective, with minimal side-effects, and even a small reduction in cholesterol from these drugs is able to save lives.

New research from Cambridge University - and funded by the British Heart Foundation - published at the European Society of Cardiology Conference in Paris this week, has shown that the benefits of statins are potentially even higher than previously reported.

The findings of the NHS England and Improvement review will be presented to manufacturers and the Medicines and Healthcare products Regulatory Agency (MHRA) - the medicines watchdog - which would have the final say.

Heart disease



High dose statins could soon be available to buy off the shelf

Speaking at the Expo health and care innovation conference in Manchester NHS chief executive Simon Stevens said: Pharmacists are highly trained health professionals who are greatly valued by patients. Since the NHS will be funding local chemists to undertake health checks, it makes sense to consider whether there are a broader range of

medicines that patients could access conveniently and locally on the high street.

"So the NHS will now work with the MHRA and industry to see how we can best make this happen.

"After cancer lung scanning trucks in supermarket carparks and High Street heart checks, this is another step towards making care and

treatment more accessible, convenient and effective."

The review comes as the NHS is introducing heart checks on the High Street as part of the new £13 billion five-year contract for community pharmacists.

From next month, they will start to develop and test an early detection service to identify people

who may have undiagnosed high-risk conditions like high blood pressure for referral for further testing and treatment, with a view to rolling out to all community pharmacies in 2021-22.

The NHS Long Term Plan, published earlier this year, said that local NHS teams will actively identify and support more people living with high cholesterol who could benefit from statins, rolling out care to as many as 380,000 more people, supported by nationwide primary care networks.

Statins help to reduce the level of 'bad cholesterol' in the blood, which leads to fatty deposits building up and hardening arteries, causing increased risk of heart attack, stroke and coronary heart disease - contributing to around 7% of all deaths in England every year.

Although high cholesterol can run in families, it is often caused by consuming too much fatty food, not taking enough exercise, being overweight, smoking and drinking excess alcohol.

People at high risk of cardiovascular disease - defined by NICE as more than 10% chance of a heart attack or stroke in years - are first offered lifestyle advice to lower cholesterol, and if that is not effective, they are then offered statins.

If only 45% of people with a high risk of cardiovascular disease were identified and treated, 6,000 strokes and heart attacks could be avoided over the next ten years.

Conditions like heart failure and stroke require treatment costing the health service more than £7 billion every year, with knock-on effects worth around £16 billion due to the life-long impact and disability.

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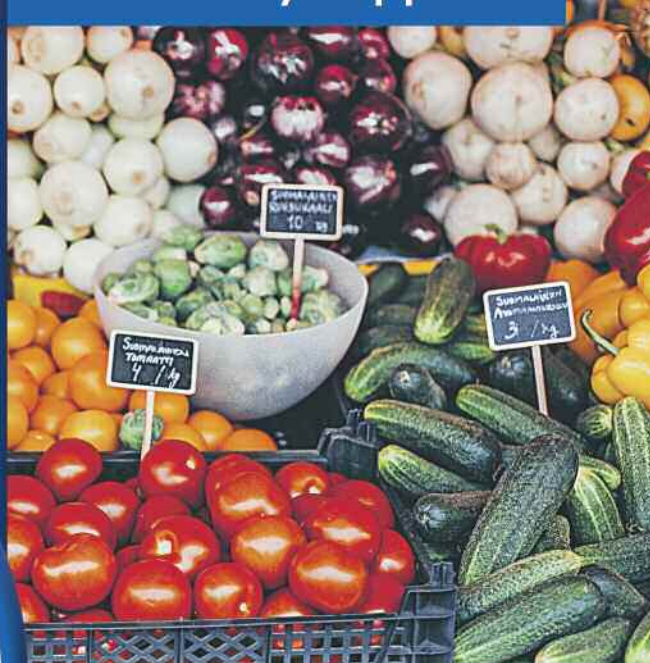


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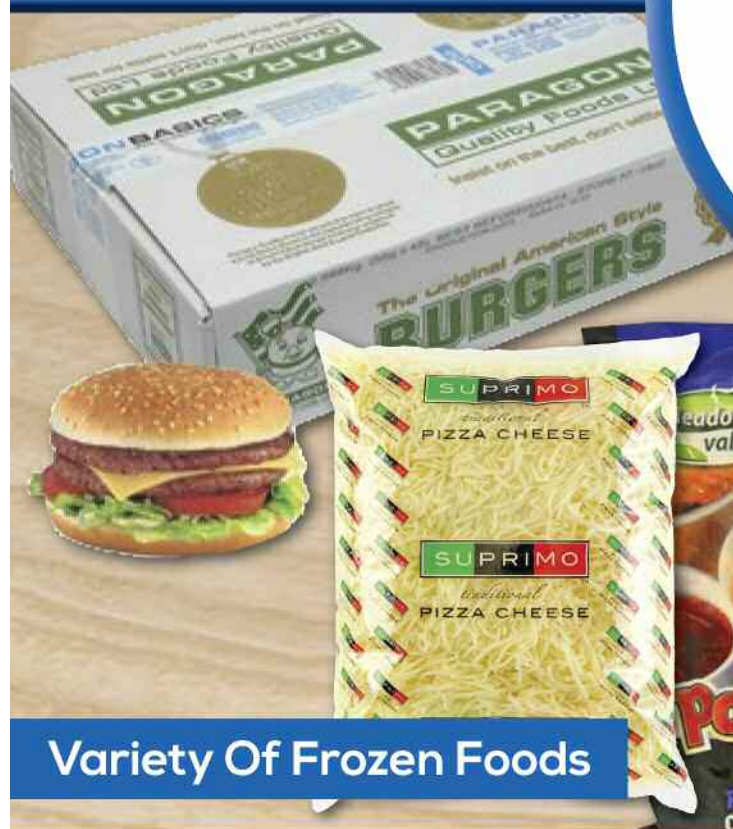
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■ Producer of 'Armed with Faith' Sharmeen Obaid-Chinoy is a Pakistani journalist, filmmaker and activist. She is known for her work in films that highlight the inequality with women. She is the recipient of two Academy Awards, six Emmy Awards and a Lux Style Award. In 2012, the Government of Pakistan honoured her with the Hilal-i-Imtiaz, the second highest civilian honour of the country, and Time magazine named her one of the 100 most influential people in the world. She is the only female film director to have won two academy awards by the age of 37.



Pakistani film on bomb disposal squad takes home an Emmy

Pakistan won big on 25th September when it took home an Emmy for a documentary film profiling the lives of members of a bomb disposal unit in the Khyber Pakhtunkhwa province.

Co-directors and cinematographers, Asaf Faruqi and Geeta Gandbhir were on hand to accept the award for "Armed with Faith," alongside other members of their team.

The 40th Annual News and Documentary Awards took place in New York City, US at the Lincoln Center's Alice Tully Hall and was live streamed across multiple platforms, including Twitter.

The documentary film follows the

stories of men in Khyber Pakhtunkhwa's Bomb Disposal Unit as they brave the frontlines in their war against Al-Qaeda and the Taliban on Pakistani soil.

In his acceptance speech, Faruqi talked about his experiences in watching films about the war in Afghanistan, but rarely from a Pakistani perspective.

"It was always that I was on the other side of the lens and not represented, which is one of the reasons why we went out and ventured and wanted to tell the story of this incredible bomb disposal squad whose determination to save humanity was

very inspiring and it was a story I felt had to be shared."

Sharmeen Obaid Chinoy - a two-time Academy Award winner and six-time Emmy winner and producer of the film 'Armed with Faith', took to her Facebook page to congratulate Faruqi and the rest of the team on their win.

Chinoy also spoke about Faruqi's journey of becoming a director - he had started out as a photographer for The Citizens Foundation and had worked alongside Chinoy on some of her most memorable films including award winners "Saving Face" and "Girl in the River."

This is Faruqi's first Emmy win.



■ Co-directors and cinematographers, Asaf Faruqi and Geeta Gandbhir were on hand to accept the Emmy award for "Armed with Faith", alongside other members of their team.

The documentary film follows the stories of men in Khyber Pakhtunkhwa's Bomb Disposal Unit as they brave the frontlines in their war against Al-Qaeda and the Taliban on Pakistani soil

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Commissioner grants £217,000 for community safety initiatives

Hundreds of thousands of pounds have been granted to good causes across West Yorkshire for initiatives to increase community safety and prevent crime.

The grants were made as part of West Yorkshire's Police and Crime Commissioner, Mark Burns-Williamson's Safer Communities Fund which returns money recovered from criminals under the Proceeds of Crime Act back to communities.

A total of 42 groups received a share of £217,006.18 at an awards event held at The Thornbury Centre in Bradford.

Communities Fund and it's fantastic to say that since it launched in 2014 it has now given back over £2.8m to nearly 660 projects across West Yorkshire helping to keep our communities safe and feeling safe.

"This rounds theme had a specific focus to help our work to tackle serious and violent crime and reduce reoffending by addressing the underlying problems such as substance abuse, something we can only do by working together with partners and communities. Similarly we need to work together to provide support for early intervention and opportunities for vulnerable young people before they get drawn in to crime and ASB.

"I am very proud to be able to support these initiatives and I really want to show my appreciation for the extraordinary work these groups and volunteers do in our communities. Work which is centred on the dedication and passion of the local people running them and making a real difference on the ground throughout West Yorkshire."

West Yorkshire Police Assistant Chief Constable Catherine Hankinson added: "We all know the devastating effects that alcohol and substance misuse can have on people's lives, as well as the contributory role it can play in crime and anti-social behaviour.

"It is extremely pleasing to see the proceeds of crime coming full circle

and now positively supporting those projects that can make a real difference.

"Likewise, the emphasis on young people is vital, particularly in creating opportunities for early intervention, steering them away from potential vulnerability in the first instance.

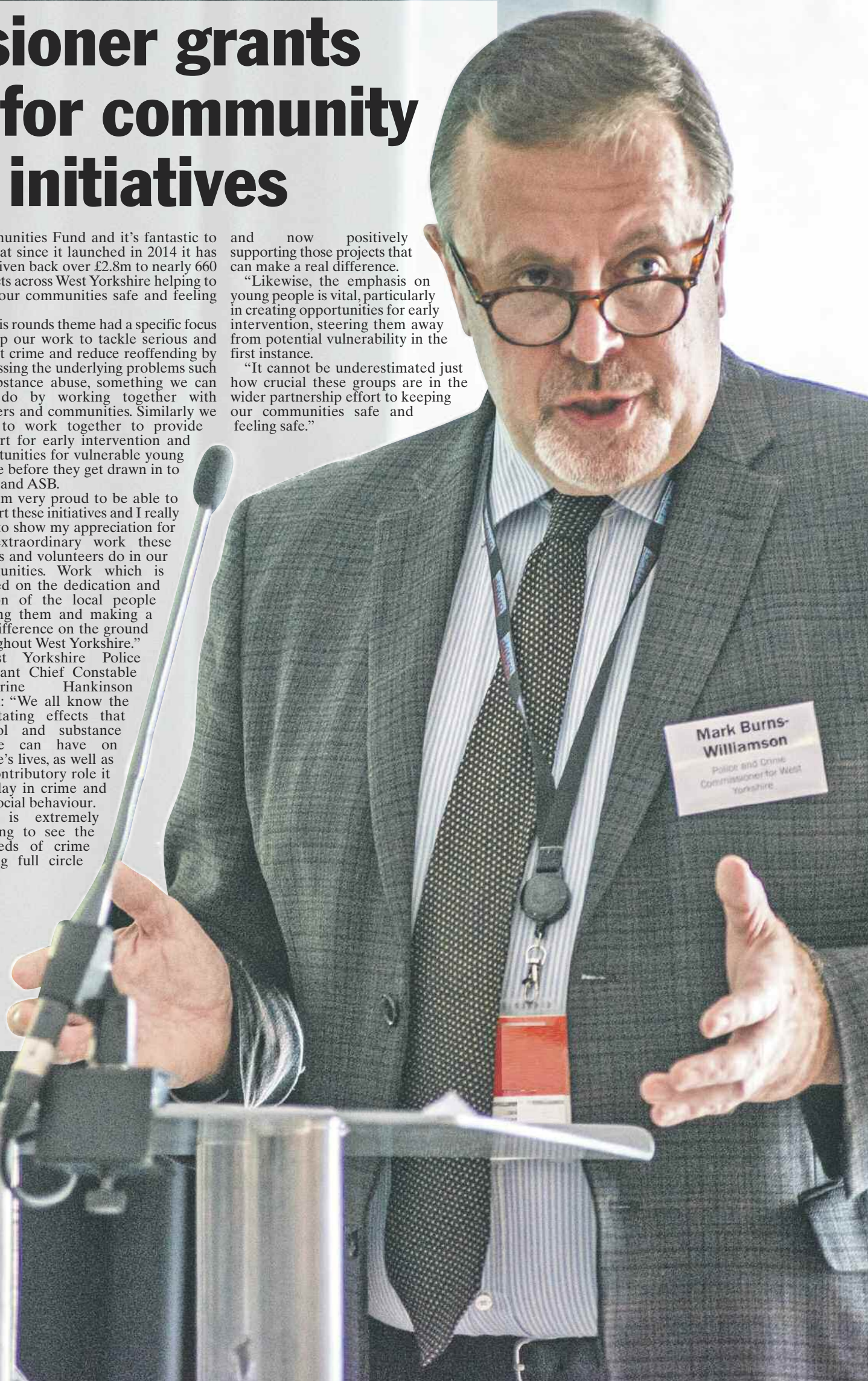
"It cannot be underestimated just how crucial these groups are in the wider partnership effort to keeping our communities safe and feeling safe."

Projects funded include:

- Bradford Street Angels who received £5733 to help support vulnerable people in the city centre.
- Project Colt who received £5952 for their Day Treatment programme for drugs and alcohol based in Calderdale.
- Huddersfield Town Foundation who received £5574 for their educational sessions for young people.
- St Georges Crypt in Leeds who received £6000 for their abstinence project
- Wakefield Youth Offending Team who received £3000 for their Virtual Reality Programme which will use VR headsets as part of education around the impact of difference offences and behaviour.

"This majority of this latest round of the Safer Communities Fund had a specific focus around projects either tackling drugs and alcohol misuse or work focusing on young people, with the remaining funding open to applications looking to address any of the priorities in my Police and Crime Plan

Mark Burns-Williamson, West Yorkshire's Police and Crime Commissioner (PCC), said: "This is the 16th grant round under my Safer



The next round of the Safer Communities Fund opens for application on Monday 7th October 2019. More information will be released in due course on the website www.westyorkshire-pcc.gov.uk/safer-communities-fund.aspx and also available by contacting the office on 01924 294 000.

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Inaugural national conference will bring together 100 organisations to aid disadvantaged communities



Faraz Khan

Representatives of around 100 organisations working to support some of the UK's most disadvantaged communities are to be brought together for the first time at a national conference.

The inaugural Network of Pakistani Organisations (NPO) conference – organised by the Bradford-based QED Foundation charity – will take place in London. It is hoped it will become an annual event.

Dr Mohammed Ali OBE, Chief Executive of QED, said: "The UK's ethnic minority communities have made great progress in all aspects of life over the last 70 years or so but British Pakistanis have not fared as well as others, and many still face huge social and economic barriers.

"The hundreds of Pakistani-led, grassroots voluntary groups working to overcome these challenges have struggled to find resources and make their voices heard and we felt it was time to do something to help support them in tackling these issues."

Key speakers at the event, which takes place at the Agha Khan University London campus, in Kings Cross, on November 28, will include Sir Stephen Bubb, the Director of Charity Futures and the Acting Director of the Oxford Institute of Charity.

Sir Stephen was formerly Chief Executive of ACEVO (Association of Chief Executives of Voluntary Organisations) until 2016. In this role he was highly influential in determining government policy on the third sector, particularly for its part delivering public services.

Sir Stephen's recent national roles have included reporting on choice and competition in the NHS for the Prime Minister in 2011, and writing a major report for the UK government in 2014, 'Winterbourne View – time for action', which called for radical reform in the way we care for people with learning disabilities in the twenty-first century.

He will be joined by UK-based Pakistani social entrepreneur, investor, published author and public speaker, Faraz Khan.

Mr Khan is a visiting professor at the University of St Mary's, in London, in the field of social enterprise and innovation.

He is considered an authority in enterprise and social enterprise eco-system development and is the co-author of 'Pukh Theory', Pakistan's first business parable.

Faraz has been appointed as a member of Catalyst UKTI and sits on the Advisory Board of the All-Party

Parliamentary Group for

Entrepreneurship (APPGE) for the UK Parliament and as a member of Atlantic Council US. He advises governments, corporates, investors and start-ups on entrepreneurial eco-systems and social enterprise development. The issues the conference will tackle were brought into sharp focus at a national consultation event organised by the QED Foundation, in Bradford, last September.

Dr Ali said: "It was agreed that an annual event should be established to bring together British Pakistani voluntary organisations to share experiences, learn from prominent people in the Third Sector and point the way ahead.

"For the first time, attendees will be able to discuss and debate the issues holding back their communities and work hand-in-hand to develop support structures to build confidence and empower their efforts."

The networking event is open to British Pakistanis running not-for-profit organisations (community groups, voluntary organisations, charities, social enterprises etc) anywhere in the UK.

The event is free but places are limited. For more information, and to register, www.qed.org.uk.



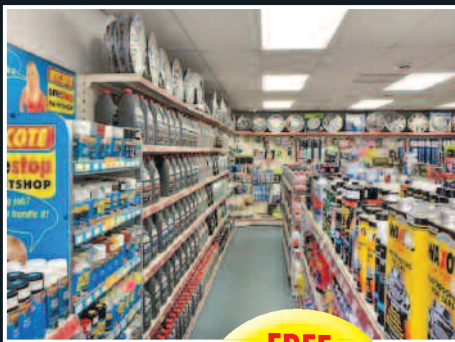
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Naga Munchetty 'breached BBC rules' with Trump comments

BBC's Executive Complaints Unit (ECU) has ruled that BBC Breakfast presenter Naga Munchetty breached guidelines by criticising President Donald Trump for perceived racism.

In July, Munchetty spoke about online comments made by the US President after he told opponents to "go back" to the "places from which they came".

Speaking on BBC Breakfast on 17 July after Mr Trump's remarks, Munchetty said: "Every time I have been told, as a woman of colour, to go back to where I came from, that was embedded in racism."

"Now I'm not accusing anyone of anything here, but you know what certain phrases mean."

Munchetty said she felt "absolutely furious" and suggested many people in the UK might feel the same way.

"I can imagine lots of people in this country will be feeling absolutely furious that a man in that position feels it's okay to skirt the lines with using language like that," she told co-presenter Dan Walker.

Her comments followed Mr Trump posting several messages that made references to the Democrat politicians Ilhan Omar, Alexandria Ocasio-Cortez, Ayanna Pressley and Rashida Tlaib.

"Why don't they go back and help fix the totally broken and crime infested places from which they came," he wrote on Twitter on 14 July.

The BBC journalist had, at the time, received praise online for her "off-script" moment.

The BBC said she was entitled to her own views but had gone "beyond what the guidelines allow for". It said

any action taken as a result of the findings would be published later.

A BBC spokeswoman said the corporation's Executive Complaints Unit (ECU) ruled: "While Ms Munchetty was entitled to give a personal response to the phrase 'go back to your own country' as it was rooted in her own experience, overall her comments went beyond what the guidelines allow for".

The ECU found Munchetty's assertion that Mr Trump's comments went beyond what the BBC allows. The corporation upheld a complaint made about the presenter's comments.



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Opt-out organ donation 'in place for 2020'

The law around organ donation in England is changing. From spring 2020 all adults in England will be considered to have agreed to be an organ or tissue donor when they die, unless they had recorded a decision not to donate or are in one of the excluded groups.

Under the plans detailed by ministers, adults will be presumed to be organ donors unless they have specifically recorded their decision not to be.

Heart, lungs, kidneys, pancreas, blood vessels and skin are on the list of organs and tissues which will be automatically taken under the new system.

In the UK in 2017, 411 people died before the right donor was found, and more than 5,000 people are currently on the waiting list in England.

The government said it would also encourage people to discuss, with their families, the issue of whether they would want to be a donor in the event of their death.

The new system presumes that over-18s in England are in favour of donating their organs when they die, instead of the current system where people opt in by signing the NHS Organ Donor Register.

Under the new law, those who do not wish to donate their organs will still be able to opt out via the register and by using an NHS app that launches at the end of the year.

The register will also include an option for people to state their faith, if it is important to their decision.

Currently, fewer than half of families give consent for their loved

one's organs to be donated if they are unaware of their wishes, and ministers hope that the new system will encourage people to make their wishes known before their death.

Research shows 82% of people support organ donation, yet only 37% have recorded their wishes on the NHS Organ Donor Register.

Under the new plans, specialist nurses will be on hand to discuss donation with families after a loved one dies.

Jackie Doyle-Price, Secretary of State for Mental Health and Inequalities, said the changes could save up to 700 lives every year, but she said organ donation remained a gift.

"I want to encourage people who wish to give life in the event of their death to take the time to record their wishes and discuss it with their family," she said.

"However, we know this new system alone is not a magic bullet.

"We need to address myths and misconceptions around donation, and we will only do this by having informed debate and dialogue, which I hope will be fostered by these proposals."

From 1st May 2019, anyone with access to the NHS App will also be able to use it to register their decision on the NHS Organ Donor Register.

Research shows 82% of people support organ donation, yet only 37% have recorded their wishes on the NHS Organ Donor Register.



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New cases of measles confirmed in Leeds

People in Leeds are being encouraged to check they and their children have had two doses of MMR (measles, mumps and rubella) vaccine following confirmed cases in children in the city this month.

Public Health England (PHE) has reported an increase in measles across the country over the year and the call comes as latest annual figures show a national year-on-year decline in uptake of the MMR vaccine and other childhood immunisations.

The percentage of children vaccinated against measles, mumps and rubella by their second birthday in Leeds decreased from 95.3% in 2012/13 to 92.9% in 2017/18 (latest published annual figures).

PHE is working with Leeds City Council and the NHS to make sure everyone in Leeds is aware and takes up the opportunity to be vaccinated to protect themselves and others against the virus.

Consultant in Health Protection with Public Health England (PHE) Yorkshire and the Humber, Helen McAuslane, said: "Those affected in Leeds are all recovering but it's important to be aware that measles can be a very serious illness and lead to severe complications, especially in people who are particularly vulnerable or have other health conditions."

Measles is a highly infectious viral illness, so anyone with symptoms is also being advised to stay at home and phone their GP or NHS 111 for advice, rather than visiting the surgery or A&E, to prevent the illness spreading further. Anyone at any age who hasn't been vaccinated can get measles and the illness can be more severe in teenagers and adults than in young children.

Helen McAuslane added: "The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella. It's particularly important for parents to take up the offer of MMR vaccination for their children when offered at one year of age and as a pre-school booster at three years, four months of age."

"If children and young adults have missed these vaccinations in the past, it's important to take up the free vaccine now from GPs, particularly in light of the recent cases in Leeds. Check your child's Red Book to see if they've received MMR vaccinations as scheduled, or check with your GP surgery if you're unsure. Most healthy adults will have developed some immunity to measles but can still receive two doses of the vaccine from their GP too."

"Measles is extremely infectious to anyone who may not be immune. If you think you could have measles, it is really important to stay away from areas where you could come into contact with lots of other people – especially vulnerable patients in hospitals, care homes or other settings, but also schools and nurseries for children."

Public Health England raises awareness that they are vaccinated after rise in figures



Measles symptoms to be aware of

- High fever
- Sore, red, watery eyes
- Coughing
- Aching and feeling generally unwell
- A blotchy red brown rash, which usually appears after the initial symptoms.

"It's important to be aware that measles can be a very serious illness and lead to severe complications."

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events

Spectacular calvary sport event its on breath-taking showcase in Bradford



Galloping spectacle

The spectacular calvary sport of tent-pegging saw Pakistani horsemen and their handsome horses display a heart-stopping showcase at Haworth Road Playing Fields in Bradford.

Tent-pegging is just one of ten disciplines recognised by the International Equestrian Federation. The objective is for a rider to pierce, pick-up and carry a target, with a lance or a sword, as they gallop towards the target.

The sport is played in a lot of countries around the world, but is most popular in commonwealth countries, including Pakistan.

The event organised by the well-established Neza Baaz Club UK, brought the breath-taking sporting event to Bradford for the first time, with bosses confirming it is to go ahead annually in the district.

Over a 1,000 people went along to witness the daring skills of the riders, with England leg spinning cricketer Adil Rashid understood to be among the spectators.

“The horses and riders were from all over the country. We even had horses come all the way from Ireland. It was really good to see walkers and passers-by enthralled by the action on the day.”

Members of the Pothwar Haidry Club were present and had come over from Norway and Ireland to witness the equestrian skills.

Event organisers from Neza Baaz Club UK, Raja Kamran Zulfkar and Raja Shakeel Khan said of the Bradford event: “The Neza Bazi (tent-pegging) was really popular.

“The horses and riders were from all over the country. We even had horses come all the way from Ireland. It was really good to see

walkers and passers-by enthralled by the action on the day.

“It is the first time we had this in Bradford and we are all really proud it went well.”

Raja Raza Shaan, a member of the British Tent Pegging Association added: “It is amazing how cultural events like these bring together communities, people of different backgrounds and most of all, today’s youth.”

Association chairman Raja Altaf spoke about his passion for horses. He said: “I have been riding and looking after horses for over 50 years.

“I owned my very first horse when I was just ten years of age. Here in Bradford I own the Raja Farm, which is based on Bingley Road,



where we have nearly a dozen horses. We travel up and down the country to tent pegging events.”

Tent-pegging is a well known sport in Pakistan and is now being introduced into the UK. Followers say it keeps the youth active and connected to their Pakistani culture, and it’s also an excellent way of diversifying sports in the UK.

Several tent pegging competitions are at national and international level with highest being the Tent Pegging World Cup and the World Championships.





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In the wake of research revealing that the Asian community is more likely to experience negative outcomes from mainstream mental health services, health and wellbeing charity CEO, Monica Shafaq, is campaigning for change.

Monica believes in order to create a more inclusive mental health service in the UK, we need to actively promote services that understand a multitude of cultures.

The Ethnic Inequalities in Mental Health report states that, in general, people from black and minority ethnic groups living in the UK are, more likely to be diagnosed with mental health problems; more likely to be diagnosed and admitted to hospital; more likely to experience a poor outcome from treatment; more likely to disengage from mainstream mental health services, leading to social exclusion and a deterioration in their mental health.

Monica said: "It is no secret that mental health issues are a taboo subject within many BAME communities, but the statistics are scandalous.

"It is now time to rid the stigmas associated with mental health within our society. To help alleviate the worsening crisis, my charity, The Kaleidoscope Plus Group, will be rolling out national community engagement initiatives for specific BAME communities."

Monica Shafaq continued: "I am part of a wonderful BAME

Prayer is not answer to mental health concerns



community in the Midlands, with many growing up with the notion that prayer was the answer to mental health concerns, which, whilst faith has a place, it cannot cure mental illnesses.

"I find that those from BAME backgrounds can sometimes have different views about mental health conditions, for instance, some might see depression as a social or mystic condition caused by non-biological influences, which means that they may delay seeking professional help.

"We've learned a lot about the communities we serve and the issues that they face, and that's why we're leading the charge when it comes to tackling the challenges faced by the BAME community and mental health care."

"The pressures on mental health services are unprecedented, and our busy modern lives are definitely a contributing factor, but when you add in cultural and religious beliefs, our mental health services are undoubtedly, and dare I say it, unwittingly, allowing people to fall through the net," she adds.

Monica has dedicated her career to promoting the role of women and Black and Minority Ethnic individuals in leadership roles, and has also been involved in a national group addressing Governance in the Third Sector, as well as being at the helm of national health and wellbeing charity, The Kaleidoscope Plus Group.

"We've learned a lot about the communities we serve and the issues that they face, and that's why we're leading the charge when it comes to tackling the challenges faced by the BAME community and mental health care."

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Heavyweights

Deontay Wilder stops off for a burger and shake at Mr T's new joint in Batley

A third boxing legend dropped in at Mr T's to sink his teeth into a selection of satisfying mouthwatering delights and slurp up a fabulous milkshake named especially after him.

World heavyweight champ Deontay Wilder, 33, AKA the 'Bronze Bomber', was welcomed by crowds of cheering fans in Batley as he visited the opening of Mr T's second restaurant.

His visit follows that of boxing superstars Tyson Fury (May 2019), and Floyd Mayweather (2017) at Mr T's in Great Horton Road, Bradford.

Owner of Mr T's, Tauseef Malik is the first from the region to have ever secured the services of boxing superstars for brand development.

Malik says: "Being a huge boxing fan it was my vision to invite champs to Yorkshire and not only raise the profile of my restaurants, but to also give something back to the youth.

"It gives an opportunity to locals who enjoy boxing and sports to see and meet a boxing legend. It's a great buzz knowing that we have managed to do that for a third time."

Wilder said a quick hello to the thousands lining the streets before being ushered into Mr T's, following which he posed for photographs, signed a boxing glove and portrait hanging on the walls of Mr T's, which also

features other boxing legends.

In anticipation of Deontay's visit Mr T's created a new milkshake in his honour, naming it the 'Wild Man Wilder'.

Securing the American's services is a huge coup, but Malik's ambition knows no bounds, and the boxing-themed restaurant has plenty more sporting royalty in the pipeline.

However, Malik reveals he still has more ambitions to fulfil: "Rocky Balboa (Sylvester Stallone) is almost certainly coming, we're just confirming the details," he tells.

"And (UFC star) Khabib Nurmagomedov was supposed to be coming in June, but the dates fell through and we couldn't synchronise the visit. But we're looking to do something with him when he's on his next UK tour.

"We're also hoping to get Anthony Joshua and Mike Tyson to visit at some point too."

Malik also revealed a possible new business venture for Mr T's abroad. He said: "We're hoping to meet up with Floyd Mayweather's representatives in February next year to discuss his help in opening up a Mr T's in New York."

Mr Malik insists it was Mayweather and Fury's influence which attracted the attention of Wilder and his team.

He said: "He had heard about us from them and from social media in the USA. His team contacted us and asked to visit five months ago."



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A Bradford Council Environmental Enforcement Officer visited 9 Cragg Lane in January this year after complaints from neighbours that the empty house had become an eyesore with piles of building rubble and discarded furniture in the garden.

After establishing that the owner of the house was Sirfraz Hussain, the officer served a warning letter giving him eight days to clear it up.

After the expiry of the warning period, the officer returned to the property only to find that more rubbish, in form of black bags, had been added to the pile.

As a consequence, Mr Hussain, of Maidstone Street, Laisterdyke, was served with a Community Protection Notice requiring him to remove all the rubbish from the garden.

Four days after that Notice expired, the officer visited again and found that yet more waste had been dumped.

When this had still not been removed by March, Council staff cleared the rubbish away at a cost of £167 which was subsequently invoiced

to and paid by Mr Hussain.

Mr Hussain, 43, did not attend the hearing and Bradford magistrates found him guilty (Tuesday 3 September 2019) in his absence of failing to comply with a Community Protection Notice.

He was fined £660 with £820 costs and £66 Victim Surcharge.

Following the case, a spokesperson for Bradford Council said: "We will not sit back and allow people to blight their local environment in this way by leaving such an eyesore for their neighbours to have to endure for months.

"It is totally anti-social and unacceptable behaviour as well as being illegal.

"We would also advise anyone contacted by our enforcement team to co-operate fully – it's in everybody's interests and could save a lot of time and expense, not to mention avoiding a criminal record.

"We don't want to take anyone to court; we simply want people to behave responsibly in the first place and consider their neighbours."

Garden rubbish fine

"Even more rubbish was dumped in the garden of a house in Great Horton after the owner was sent a letter telling him to clean it up, a court was told."



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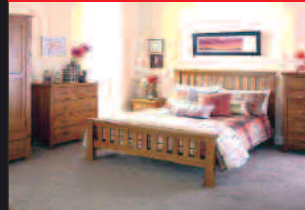
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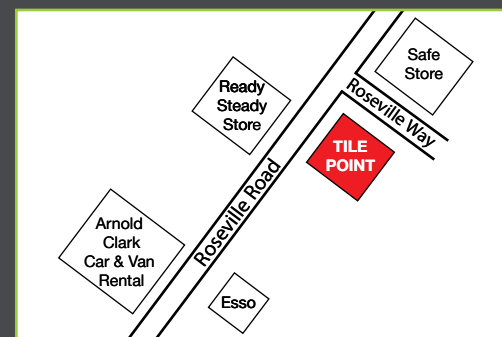
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Social care in Yorkshire has a 'disastrous' staffing 'black hole' with more than 4,000 vacant posts, new figures released by GMB, the union for care workers, reveal.

The figures, which were obtained by the union from Skills for Care, show there are 4,500 care vacancies across the region, according to the latest estimates.

The statistics emerge as GMB today calls on TUC Congress, in Brighton, to support GMB's campaign for sectoral bargaining, pay justice for care workers and proper funding for the care sector.

Skills for Care estimates that the vacancy rate for care workers is a staggering 9.1 per cent – more than three times the average for all jobs.

The GMB, the All Party Parliamentary Group for Social Care has just released a 'ground-breaking' report recommending a new national care body for England with NHS affiliation, a reformed and accredited Care Certificate with a gateway to career development and a programme for workforce training.

Kelly Andrews, GMB National Officer, said: "Years of neglect has left our care sector with a disastrous staffing black hole.

"For years, care has been treated as a Cinderella service – when in reality this is a highly-skilled, vital job that we all rely on.

"It's time that care workers are recognised as the skilled workers that they are – with decent wages, good training opportunities and a clear path to career progressions.

"Without urgent action the problem is going to get worse and worse until the whole system is at risk of collapsing."

Yorkshire's disastrous social care workforce **'BLACKHOLE'**



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People with 'hidden disabilities' may be eligible for Blue Badge

People with hidden disabilities, such as Autism, Anxiety and Dementia, may soon qualify for a Blue Badge parking permit.

The Blue Badge scheme is a national scheme which gives parking concessions, for people with certain disabilities, to park nearer to their destination.

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Now, the Blue Badge scheme is undergoing its biggest shake-up since it was introduced in 1970, with many hidden disabilities being introduced to the list of people who qualify.

This nation-wide change follows findings that many people with mental health problems struggle with the same travel issues as those with physical disabilities.

Martin Stubbs, Assistant Director for Revenues, Benefits & Payroll, said: "A Blue Badge can make all the difference to someone's life, allowing them to get out and about more easily and with less stress, as well as being able to live their lives with greater independence."

"We want to encourage anyone who thinks they will now qualify for a Blue Badge to apply."

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Under the new criteria, people may qualify for a badge if they:

- Cannot undertake a journey without risk of serious harm to the health or safety of themselves or others (such as young children with autism)

- Cannot undertake a journey without it causing them considerable psychological distress have considerable difficulty when walking (both the physical act and experience of walking)

University of Bradford up for 'Oscars' of higher education

The University of Bradford has claimed two shortlisted spots at the 'Oscars' of higher education.

Each year the THE Awards attract hundreds of entries that exemplify the talent, dedication and innovation of individuals and teams across all aspects of university life, showing countless reasons why HE institutions continue to prosper. The awards are widely recognised as the Oscars of the higher education sector.

The University of Bradford is one of only six shortlisted for Outstanding Marketing Communications Team.

The creative output of the University of Bradford Marketing and Communications team in the 2017-18 academic year showcases its expertise in storytelling and digital innovation and is the result of effective collaboration between in-house teams and agency partners.

The team developed a research-based digital content strategy focused on student recruitment and the University's broader business objectives. Three 'hero' projects exemplify the innovative, collaborative approach to marketing: 'The Virtual Experience', 'Don't go to Bradford Campaign' and 'Enjoy the Ride Campaign'.

Mark Garratt, Director of External Affairs at the University of Bradford, said: "As a smaller university with limited budgets and resources, Bradford could have solely relied on tried and tested student campaigns and rankings, but instead has taken risks and demonstrated its expertise and talent through innovative videos, virtual tours, integrated campaigns and

Dr Julie Thornton, Senior Lecturer in Biomedical Sciences, University of Bradford



collaborative working practices. We are extremely proud to be nominated for the THE Awards."

Dr Julie Thornton, Senior Lecturer in Biomedical Sciences, is one of only eight individuals nationally shortlisted for Outstanding Research Supervisor of the Year.

Recently appointed Director of the

Centre for Skin Sciences at the University of Bradford, she has successfully supervised 17 PhD students from various backgrounds since her appointment as Lecturer in 2000, with several more commencing their studies this academic year.

Her supervision and PGR support continued throughout periods when she was working on a part-time basis raising her family, which has enabled empathy in her approach to personal as well as academic challenges for PhD students developing as independent researchers.

She strongly encourages and supports presentation and publication of PhD student work, accompanying them to conferences, introducing them to high profile research groups, giving moral support and congratulating them when their presentations win prizes.

Dr Thornton said: "I was absolutely delighted to have been nominated for this award by my PhD students, and overjoyed to have been shortlisted for this prestigious award. It is truly rewarding to inspire, shape and invest in our future scientists and doctors. My PhD students have come from a diverse range of backgrounds and I have endeavoured to provide an approachable, supportive, but challenging environment that has allowed them all to flourish and establish their own successful careers. I am so proud of them all."


The winners will be announced at the THE Awards ceremony taking place on Thursday 28 November 2019 at the Grosvenor House Hotel on Park Lane in London.



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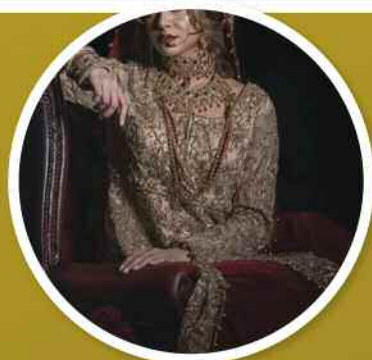


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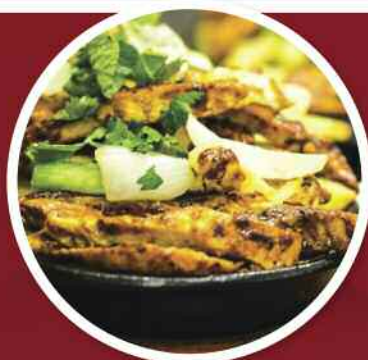
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Young Asian carers struggle to get right support

The concept of a young carer is unfamiliar to many Asian communities as helping your family and extended family is often expected.

But young Black, Asian and Minority Ethnic children who care for ill or disabled relatives are missing out on their childhoods because of the additional responsibilities and stresses they have to deal with.

They are more likely than other young carers to be isolated from support services.

Research conducted by Barnardo's, based on interviews with BAME young carers and practitioners found that many young south Asian carers were far too often being relied upon as interpreters. They are often relaying technical and deeply personal medical information between patients and doctors, which can lead to misdiagnosis and increased anxiety within families.

Often BAME families do not want agencies involved as there is a deep mistrust of social services, or authorities and they are fearful of their families being split up. Additionally, there is stigma within many BAME communities in acknowledging mental health and disability issues and in seeking support.

The Caring Alone report highlights how young carers like 19-year-old Neha Lathia suddenly had to care for both parents and her two siblings, Priyanka and Dev, while studying for her A-levels.

She said, "I have to translate at



Young carers like 19-year-old Neha Lathia suddenly had to care for both parents and her two siblings, Priyanka and Dev, while studying for her A-levels

most hospital appointments. There's never been a translator at the hospital, so I have to be there to do it. And sometimes a word simply doesn't exist in Gujarati, so I have to try and find another word or explain some other way.

"Everything changed for me when my parents got ill. I had a panic, thinking how is Dev going to get to school? How are we going to pick him up? How am I going to get to college on time? And how will I have enough time to do my

homework and revise?

"I get myself and Dev up. Then we come down and give mum and dad their medication, check they are okay and we get breakfast and Dev ready for school.

"I walk Dev to school. I come

home then and make breakfast for mum and dad and I look at any bills or other household things, then I wash up or do any washing or cleaning and do the other chores like shopping. If I have any time I try and revise for a bit. I'd not heard of being a young carer. That is what is expected for Indian families."

Barnardo's Chief Executive Javed Khan said: "Many young carers already have it tough, balancing cooking, cleaning, washing, shopping, and helping to look after siblings, alongside trying to keep up with their school work. But young carers from some BAME communities are even less likely to access support, due partly to the stigma attached to asking for help."

"Young people are often proud of their role in caring for family members. But as a society we must protect them from taking on too much responsibility at a young age, and from sacrificing their education, or physical and mental health."

"It's not right that BAME young carers often have to interpret complicated medical information for a loved one, which can lead to misdiagnosis and cause additional stress. This group of vulnerable children are often "hidden", and there is an urgent need to break down barriers so they are not left to struggle on their own."

Barnardo's key recommendations in the Caring Alone report include: that all patients who don't speak English should have access to a translator. Children and young people should never be expected to translate for a relative.



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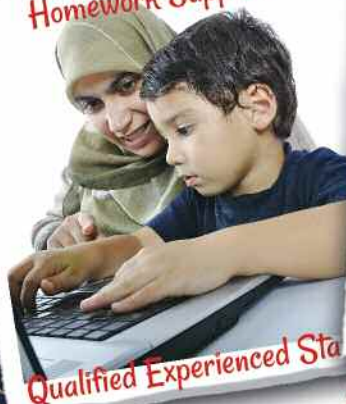
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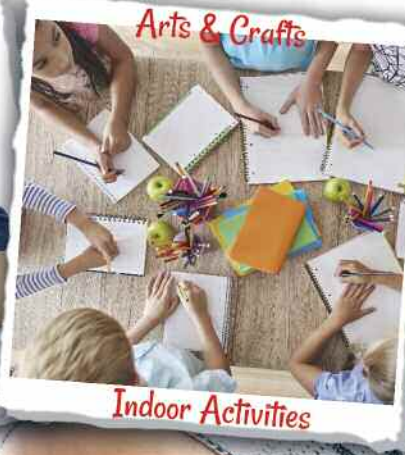
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Business news

MCDONALD'S ON INGLEBY ROAD UNVEILS BRAND NEW LOOK

The McDonald's on Ingleby Road in Bradford, which is owned and operated by local franchisee Saj Shah, has reopened its doors recently to unveil a brand new look after a major refurbishment. The transformation includes brand new digital Drive-Thru menu boards, offering customers even more choice on how they order and pay for their favourite meal.



Franchisee Saj Shah has owned and operated the restaurant since 2016 and employs 130 people locally. He himself is a local lad, having grown up five minutes from the restaurant in Gillingham. Being part of the local community in Bradford is important to him; the restaurant sponsors local grassroots football teams, supports local charities at the Bradford Royal Infirmary and is connected to community groups such as the Carlisle Business Centre.

"I'm thrilled to be able to welcome customers back to the new look restaurant and offer them the newest digital innovation in how they order and enjoy their food."

Saj commented: "I'm thrilled to be able to welcome customers back to the new look restaurant and offer them the newest digital innovation in how they order and enjoy their food. I'm proud to be able to enhance the experience of our loyal regular customers and hopefully welcome some new faces in the restaurant too. Local customers are at the heart of my business, and being able to invest more into the restaurant so close to where I grew up is a really proud moment for me. We're now offering behind-the-scenes tours for our customers so they can see exactly what goes on behind the counter at their local McDonald's too."

The restaurant's refurbishment will also introduce four self-order kiosks to the restaurant, helping customers order at a speed that suits them, while easily accessing nutritional information and making informed food choices. If you would like to take a look behind-the-scenes at McDonald's Ingleby Road, speak to one of the senior management team when at the restaurant for more information.



BUSINESS



YOUR LOCAL &

No Need To Point Out Your Opponent's Error

In the recent case of Woodward v Phoenix Healthcare Distribution Limited the Court of Appeal had to consider the issue of whether a solicitor had a duty to point out a mistake by his opponent in circumstances where not doing so would be fatal to his opponent's case.

In that case the Claimant had issued a Claim Form on 19 June 2017 and pursuant to the Civil Procedure Rules (the court rules which govern civil claims) the Claim Form had to be served on the Defendant within four months i.e. by no later than 19 October 2017. The Claimant's solicitors emailed and posted the Claim Form and Particulars of Claim to the Defendant's solicitors on 17 October 2017. However, as the Defendant's solicitors had not notified the Claimant's solicitors that they were authorised to accept service on behalf of its client, the Claim Form was not validly served as it had to be served on the Defendant itself. The Defendant's solicitors were instructed by its client not to highlight this error and they therefore waited until after the period for service had expired before pointing out to the Claimant's solicitors that service was defective.

The Claimant's solicitors immediately sought to serve the Defendant itself by way of courier, post and email even though it was too late. The Claimant subsequently applied for retrospective validation of service under the Court's discretion on the grounds that the Defendant could have informed the Claimant of their solicitors' mistake so that the Claimant could have served the proceedings in time.

At first instance, the Master granted the application on the basis of the Defendant's solicitors' duty to assist the Court to achieve the Overriding Objective (a Civil Procedures Rule which states that the Court must deal with cases justly and at proportionate costs) rather than engage in "technical game playing". However, this decision was reversed upon appeal by the High Court where the Court found that there was no requirement for a solicitor who had not contributed to an opponent's mistake to draw attention to that mistake. The Defendant therefore appealed to the

Court of Appeal.

The Court of Appeal dismissed the appeal on the grounds that the Defendant's solicitors were under no obligation to warn the Claimant of its error. The Defendant's solicitors had no duty to highlight the errors which the Claimant's solicitors had made regarding serving the Claim Form and, indeed, the Defendant's solicitor had been specifically instructed by its client not to do so.

This decision reinforces the view that there is no duty requiring a solicitor to draw attention to an opponent's mistake although the decision may have been different if the Defendant's solicitors had actively contributed to the misunderstanding or mistake of their opponent.

If you are involved in any commercial or civil dispute then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or by email at LPatel@LawBlacks.com.



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DEDICATED: Asif Haider left his job as a pharmacist to open Bite in partnership with his sister Nazia Ali

American smashed beef burgers come to Bradford

A new smashed beef burger joint has just opened near the Leisure Exchange with a simple and exciting concept for Bradford.

Owners Asif Haider, 26 and Nazia Ali, 34 are so confident in their new fast food concept that they're already talking about setting up in high streets across the country.

The Bradford-born business duo spent almost a year not just devising the concept but experimenting to create a style and quality of burger unique to Bradford and the Yorkshire region.

Their new burger joint, which opened on 22nd August is all about the quality of the beef and specialises only in beef burgers. Fries and hand-spun milkshakes are also on the menu.

"I first discovered a proper good burger when I visited Dubai a few years ago – it was the first time I'd tasted anything like it.

"Burger restaurants like 'Shake Shack' and 'Five Guys' inspired me to experience a new level of burger taste" said Asif.

"I love my burgers, but growing up in Yorkshire, I was used to the kind of burgers you can find anywhere – made mostly from frozen beef or ready made burger patties supplied by meat wholesalers.

"They're OK if that's what you want, but they're nothing like the ones I had tasted abroad which take burgers to a whole new

level.

"Bite burgers are based on an American burger concept called a 'smashed' burger.

"You take a fresh beef patty and literally smash it down on a hot grill to create a crust on one side and a really delicious caramelised flavour.

"But it can only be done properly with the right quality of beef using specific cuts that are blended to create the perfect flavour and crust."

Asif recognised the demand and gap for a proper smashed burger joint in Bradford and so moved his focus away from working as a fully qualified locum pharmacist to instead work on creating the perfect package for the new business.

Nazia said: "Although the burger seems like a really simple thing, it's actually a very complicated recipe. And it's taken us about a year to get it exactly right, going to various specialist beef providers. Even once we got the meat combo right, we still spent a couple of months perfecting it even more, along with the correct cooking techniques."

Asif added: "Instead of going to a butcher and asking him to supply their own blends of beef, we did it all ourselves, we researched and tested all the different cuts of beef and made our own unique blend. You can't buy this ready-made – we get them made to our exact specifications. It's our own secret blend, delivered only to us.

"We only use fresh beef – never frozen. 100% Halal and HMC certified suppliers. It's Aberdeen Angus, which is a breed that tends to have the best flavour. It's known as prime beef as it's really high quality cuts. It's dry-aged for at least 21 days; the cows are also free-range and grass fed, so those things all combine to create the amazing flavour we get.

"Our burgers are made with different cuts of the cow and for ours we've chosen three specific cuts for what we think gives the best flavour and we decided exactly what ratio of fat to lean meat we required. It took a lot of experimenting to get it right – the quantity of which beef cut to which percentage of fat and so on."

"The first thing we want to do is get the name out there and then build the brand," said Asif.

We want to keep it simple for potential future franchising as well.

"We'd like to open another branch within a year and the dream is to be on every high street. "We want to be known as the place people think of first for a proper burger – a really good burger joint, with consistent high quality and service.

"We're not about gourmet food – we serve delicious and high quality fast food. Not too fancy and reasonably priced. "We want our burger to speak for itself. The tastiest, most memorable burgers our customers have ever had. Our strapline is 'Burgers you can taste with every BITE'."

Putting the **BITE** into the burger

BUSINESS ROUND-UP



BUSINESS

Saleem Akhtar awarded prestigious international award at Earl's Court

The restaurateur behind plans for an £8 million World Food Centre in Bradford has received a prestigious award at a glittering ceremony in London.

Saleem Akhtar, managing director of the Jinnah group of restaurants, rubbed shoulders with some of the biggest stars of stage and screen, as well as fashionistas and international business gurus at the 10th Pakistan Achievement Awards held in Earl's Court.

Mr Akhtar, who came to Bradford from Pakistan at the age of 10, received the award for the Restaurant Brand of the Year at the ceremony, which was set up to recognise the achievements of Pakistanis living both in the country and overseas.

The annual awards honour prominent Pakistanis from across the world in the fields of business, sports, art, culture, entertainment and politics.

Mr Akhtar said: "I am truly humbled and honoured to have received the Restaurant Brand of the year award from the Pakistan Achievement Awards International. I would like to thank all our customers, friends and family who have supported The Jinnah group throughout our 28-year journey."

The restaurant group sprang out of a corner shop which opened in Bradford in 1981 but it wasn't until August 2015 that the city's first Jinnah restaurant opened in the Gatehaus building, on Leeds Road, at the edge of Little Germany.

Mr Akhtar invested more than £500,000 in the project and created 32 jobs at the time. Its launch was a homecoming for Mr Akhtar, who

already owned eight restaurants across Harrogate, Selby, York and other areas of North Yorkshire.

Jinnah, which was named after the founder of Pakistan, Mohammed Ali Jinnah, specialises in traditional Kashmiri dishes.

Mr Akhtar has continued to expand his other businesses, and in March this year he opened a new 89,000 sq ft supermarket store in Planestree Road, Bradford.

The new United Foods Cash and Carry, which supplies goods to restaurants and fast food outlets across the north of England, is five times the size of its previous premises in Mulgrave Street.

Last year, Jinnah became the first Bradford Partner to support Yorkshire County Cricket Club's Park Avenue project, a unique concept that gives Bradford national recognition for using cricket as a positive vehicle for social inclusion.

The company is now working in partnership with the World Curry Festival to build a "World Food Centre of Excellence" in Bradford city centre to train the next generation of international food chefs.

Work on the multi-million pound project is well underway and it is hoped to create up to 270 jobs.

The partners' vision is to create a Centre of Excellence in world food, with skills training, restaurant, hospitality and conferencing facilities and a boutique hotel.

An additional annex will allow the business to expand into catering and will include baking facilities. It aims to train between 50 and 100 people a year.



■ ACCOLADE: Restaurateur Saleem Akhtar (centre) receives his award at a glittering ceremony in London

Top Man

The man with an eagle eye

A much-contended legal awards ceremony set to take place next month, has shortlisted a young ambitious lawyer from West Yorkshire.

Akef Akbar, a 28-year-old solicitor advocate and principal solicitor of Tyler Hoffman, has been announced as a worthy adversary for the Yorkshire Legal Awards; and their categories of awards cover everyone from the biggest corporate firms to leading barristers, from senior partners to rising stars.

Akef qualified as a solicitor at the age of 23 and practised in Halifax and York for two years before taking the leap

Yorkshire-based lawyer shortlisted for top awards

and opening his own practice 'Tyler Hoffman Solicitors' at the age of 25.

With an impressive turnover of £1.7 million, the firm's Immigration, Personal Injury and Criminal Defence department have been the talk amongst peers in the industry. The fast-growing

success of Tyler Hoffman has not gone unrecognised.

Akef not only has been short-listed for the 'Criminal Lawyer of the Year Award 2019' at the 19th Yorkshire Legal Awards, he's also been shortlisted for 'Entrepreneur of the Year' in the Wakefield Excellence Awards 2019. Both

ceremonies take place in October.

Akef is a specialist in criminal law and appears in police stations and courts across the country on a daily basis. His practice boasts a team of 21 people across two offices in Wakefield and Halifax.

With an impressive turnover of £1.7 million, the firm's Immigration, Personal Injury and Criminal Defence department have been the talk amongst peers in the industry. The fast-growing success of Tyler Hoffman has not gone unrecognised



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Boris Johnson:

“Supreme Court was wrong to block suspension of Parliament”

Boris Johnson has hit out at the Supreme Court for intervening in a political matter at a time of “great national controversy” over Brexit.

The Prime Minister was forced to cut short a trip to the United Nations in New York to address MPs after the court ruled that his suspension of Parliament was unlawful.

Mr Johnson accused Parliament of being “paralysed” and claimed its members were “sabotaging” Brexit negotiations by seeking to thwart his commitment to taking the UK out of the European Union on October 31, with or without a deal.

And he dared opposition parties to table a motion of no confidence or back a general election in order to “finally face the day of reckoning with the voters”.

Mr Johnson was humiliated by Tuesday’s Supreme Court judgment which overturned his advice to the Queen to suspend Parliament until October 14.

The Prime Minister said it was “absolutely no disrespect to the judiciary to say I thought the court was wrong” to pronounce

on a “political question at a time of great national controversy”.

Claiming that MPs were trying to prevent Brexit entirely, he said: “The people at home know that this Parliament will keep delaying, it will keep sabotaging the negotiations because they don’t want a deal.”

In response, Labour leader Jeremy Corbyn repeated his call for the Prime Minister to quit.

“After yesterday’s ruling the Prime Minister should have done the honourable thing and resigned,” he said.

Opposition parties will not back an election until they are sure that a no-deal Brexit is off the table and they are suspicious that Mr Johnson will not comply with the terms of the Benn Act which is aimed at delaying Brexit beyond the October 31 deadline if no agreement has been reached.

A defiant Mr Johnson taunted Mr Corbyn over his refusal to back an election.

“I think the people outside this House understand what is happening,” he said.

Continued on page 54





Boris Johnson: "Supreme Court was wrong to block suspension of Parliament"

Continued from page 53

"Out of sheer selfishness and political cowardice they are unwilling to move aside and let the people have a say."

"The Leader of the Opposition and his party don't trust the people."

"All that matters to them is an obsessive desire to overturn the referendum result."

He added: "I wonder does he in his heart even want to be prime minister any more?"

Throwing down the gauntlet to the opposition parties, he said: "This Parliament must either stand aside and let this Government get Brexit done or bring a vote of confidence and finally face the day of reckoning with the voters."

The Labour leader dismissed the "bluster from a dangerous Prime Minister who thinks he is above the law", adding: "In truth, he is not fit for the office that he holds."

Scottish First Minister Nicola Sturgeon said the SNP would back an election if Mr Johnson requested a Brexit delay.

"The ball's in his court," she said.

"But he must think we button up the back if he believes we'll let him force through a no-deal Brexit."

In an interview with ITV, Mr Johnson said he would both "respect the law" and leave the EU on October 31 – but refused to say how.

Mr Johnson did not apologise for the suspension of Parliament, which was ordered by the Queen on his advice.

The row dragged the monarch into Westminster's bitter Brexit battle, but senior Cabinet minister Michael Gove said: "I don't think that the Government should apologise for having a strong domestic agenda, I don't think we should apologise also for seeking to advance our exit from the European Union."

"I don't think the Government should apologise also for saying that we are attempting to honour the democratic will of the British people."

Attorney General Geoffrey Cox also faced questions about his legal advice which indicated the five-week suspension – known as prorogation – would be within the law.

Mr Cox told MPs he will consider whether the public interest might require a "greater disclosure" of advice given to the Government on the prorogation.

But he railed against the "dead Parliament" claiming MPs had no "moral right" to remain in the Commons, try to "block 17.4 million people's votes" and refuse to allow an election.

The response to the court case – including reported comments by Commons Leader Jacob Rees-Mogg describing it as a "constitutional coup" – have caused unease about the Government's attitude to the judiciary.

Mr Cox – speaking in the Commons with Mr Rees-Mogg watching on – said: "I don't think it was a constitutional coup", but "these things can be said in the heat of rhetorical and poetical licence".

Justice Secretary Robert Buckland defended the independence of "our world-class judiciary".

■ **DISTRESSING:** Avi Maharaj, 44, downloaded pornography at the house of a man whose teenage son had just died



Police officer jailed for downloading porn on grieving family's TV

A Met Police officer who downloaded porn on a grieving father's TV while he waited for an undertaker to collect his 14-year-old son's body has been jailed.

Avi Maharaj, 44, was called to Graham and Allison Miller's house in Earlsfield, south west London, on 11th February last year after their 14-year-old son Harry took his own life.

While he waited for his body to be taken, he guessed the family's Virgin Media pin number and managed to make two purchases of pornography totalling £25.96.

The court heard Mr Miller thought his dead son had downloaded the videos before he found out what happened.

He was sentenced to 12 months in prison at Southwark Crown Court after pleading guilty to fraud.

Judge Deborah Taylor, sentencing, said: "On 11th February 2018, as a police constable with the Metropolitan Police, you were on duty at the family home of a 14-year-old boy who had tragically brought about his own death."

"While his grieving parents were being consoled elsewhere, you had the responsibility of guarding the house late at night until the arrival of the undertaker to remove the body."

"Instead of performing that duty with respect and professionalism, you took it upon yourself to guess the password to the household Virgin Media account, to act as if you were the account holder, and

use it to purchase, download and view four pornography films."

"The family were vulnerable, traumatised by the loss of their son, and trusted you to guard their house."

"Your actions led them to a false understanding of their son's last hours and greatly exacerbated their grief and suffering."

"It is impossible to overstate the affront of your behaviour that night, in a house where the tragic death of a young boy had occurred, and in the presence of his body."

"All right-thinking people would be appalled by your gross lack of decency and respect in indulging yourself at all in those circumstances, let alone deviously, and at the expense of the bereaved parents."

The matter was referred to the Independent Office for Police Conduct, but Maharaj initially denied being the one who downloaded the material and claimed he had already left the house.

"The father of the deceased believed his son had been downloading this material, so he was very distressed," said Ms Edwin.

"His last impression of his son was that he was downloading this material but then he subsequently discovered it wasn't."

Gregor McKinley, prosecuting said: "The only person at the premises was Mr Maharaj."

"Four adult films had been downloaded between 11pm and 11.42 pm."

"During this time period the only other people attending the address were the two assistants from the undertaker's firm."

"They were at the address from 11.05pm to 11.15pm."

"As part of his duty that evening Mr Maharaj was the continuous completion of the police crime scene it's notable that he incorrectly logged the arrival of the undertakers as 32 minutes later than it did."

"More importantly he incorrectly recorded when he left the premises."

"The Crown say that was a deliberate attempt to cover up what he was doing at the address namely downloading pornographic material."

Maharaj pleaded guilty and the case was sent to Crown Court for sentencing.

Speaking when Maharaj was convicted last month, Independent Office for Police Conduct regional director Sal Naseem said: "Pc Maharaj's behaviour was shocking and even more so given he was guarding the property in the absence of the homeowner."

"Not only were his actions deceitful but he caused considerable distress for the family involved who were dealing with the sudden death of a family member."

"I am sorry that the family involved had to deal with this while also coping with the tragic loss of their child."



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Man throws eggs at baby in 'racially aggravated' assault

A nine-month-old baby was hit by eggs in a drive-by assault that police believe was racially motivated.

The mother and her infant were crossing the road at Shrub Hill Retail Park in Worcestershire, when an as yet unidentified man threw eggs from his vehicle.

Neither was seriously injured, but the child's face was left red, with police saying that the assault "left the victims understandably shaken".

Police have appealed to the public for information, saying that they believed the motivation for the attack was race-based.

"While no arrests have been made, investigations are ongoing and we are currently reviewing CCTV footage to try to identify the vehicle involved," said Sergeant Paul Smith from West Mercia Police.

"We realise this incident will cause concern among the community and want to reassure the public that we take reports of this nature very seriously and will continue to patrol the area."

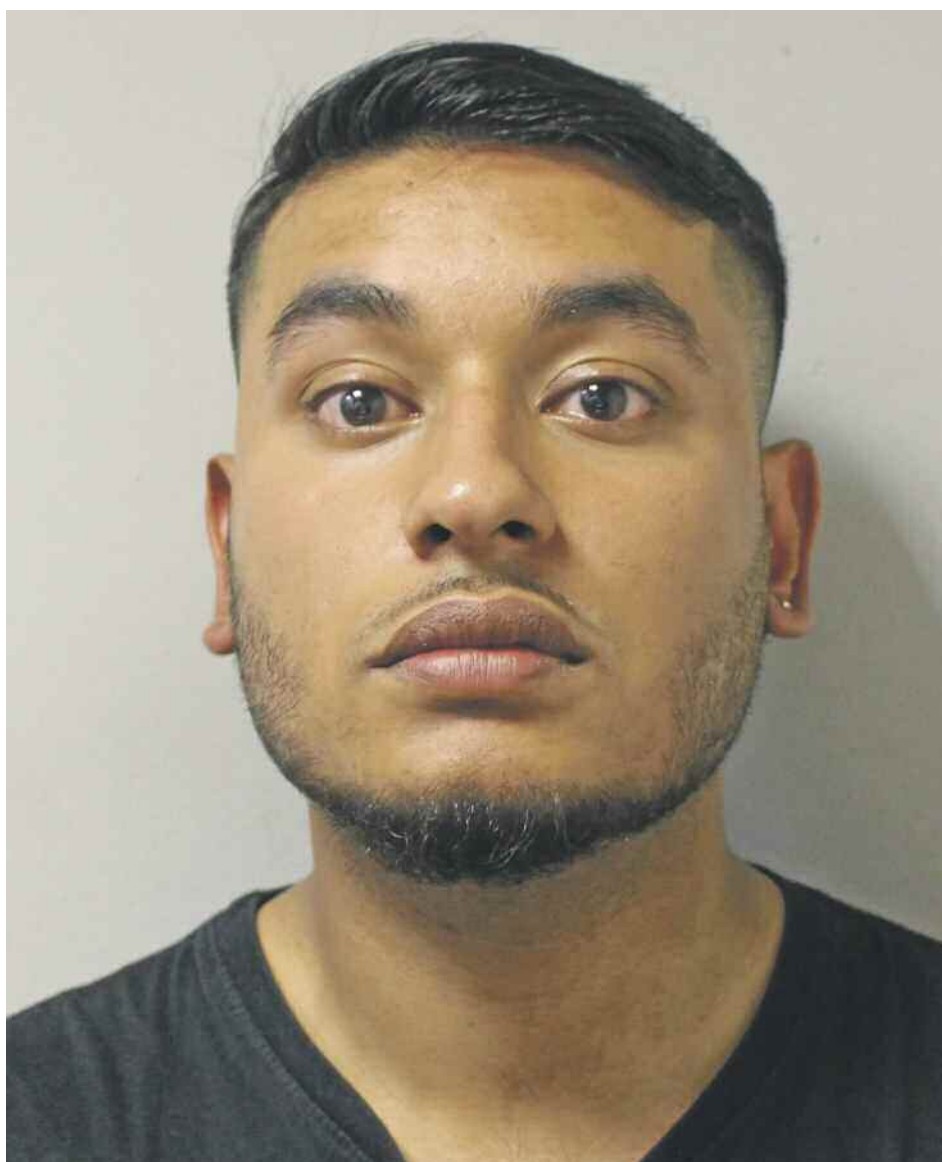
Anyone with information is asked to contact West Mercia Police on 101 or Crimestoppers anonymously on 0800 555 111 or via their website.

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Man jailed for abusing partner, Hackney

A man who assaulted and threatened to kill his partner has been jailed.

Mohammed Ahmed, 21, was jailed at Wood Green Crown Court for two-and-a-half years on Wednesday, 18th September. He was found guilty at the same court on: harassment with intent to cause fear of violence; threats to kill and two counts of common assault.

The court heard how Ahmed used controlling and coercive behaviour in an attempt to force his partner to stay in a relationship with him.

This culminated in an incident in August when he persuaded her to get into his car under the pretence he just wanted to discuss their relationship. Ahmed's mood quickly changed and as his anger grew, he threatened to shoot the victim and murder her. He also assaulted her.

After reporting this incident to police, the victim further confided that Ahmed had assaulted her on another occasion while driving in her car.

On sentencing Ahmed, Judge Perrins told the defendant he held 'vile and obnoxious views about women' and the offences were 'part of a serious pattern of behaviour'.

Detective Constable Imran Hansraj from the Central East Command Unit led the investigation and said: "I would like to praise the courage of the victim for coming forward and reporting Ahmed's attacks and threats to police."

"I would also urge anyone who is in an abusive relationship to contact police or specialist support agencies – we can help you to end the cycle of violence and bring perpetrators to justice."

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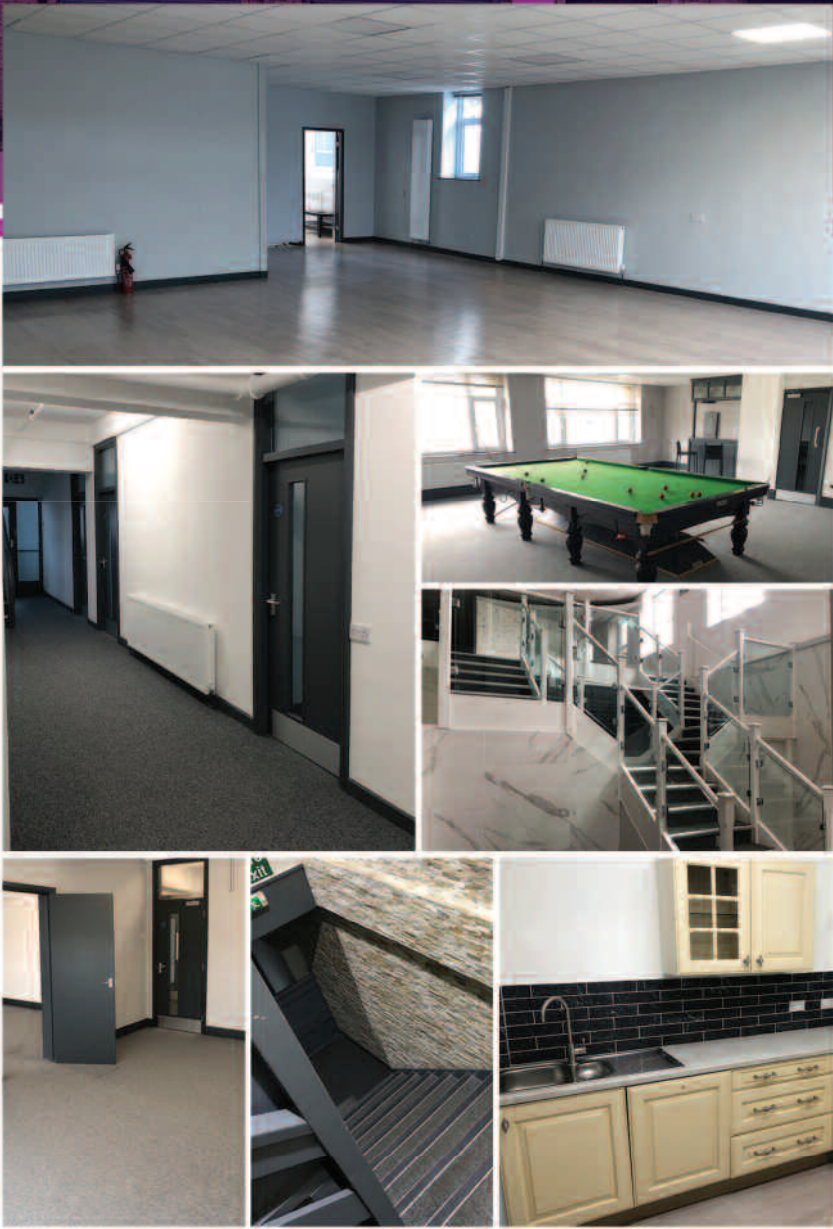
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Binbrook Mill is situated in an established industrial area with frontage to Young Street, which in turn is situated just off Thornton Road, approximately 1½ miles west of Bradford City Centre. The property has good vehicular access, due to its proximity not only to Thornton Road but also to nearby Ingleby Road (A6177) and also Cemetery Road.


The building comprises a 3-storey former mill building, providing large showroom and entrance area at ground floor level, which links through into the adjoining 3-storey mill to provide modern offices at ground, first and second floor levels.


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YEMEN: Record numbers of refugees and migrants arrive amidst intensifying and complicated war

Despite the ongoing war and escalating humanitarian crisis in Yemen, this year has seen a spike in the number of arrivals of East African refugees and migrants to Yemen.

The International Organisation for Migration (IOM) – a leading inter-governmental body, estimates that 18,320 refugees and migrants arrived in April 2019 and 18,904 people arrived in May 2019 – representing the highest monthly arrivals figures since data became available in 2006.

In total, 84,378 East Africans are estimated to have arrived in the first six months of 2019.

This route is already the largest mixed migration route out of East Africa. If trends continue, arrivals for 2019 could exceed the record 159,838 refugees and migrants estimated to have arrived in Yemen in 2018.

Many of these refugees and migrants intend to transit through Yemen on route to Saudi Arabia and other Gulf countries.

Ethiopians make up 90% of the arrivals into Yemen while Somalis account for around 10% of arrivals in 2019.

The mixed migration flow to Yemen is largely made up of young men, however nearly 20% are women and around 10% are children.

High unemployment rates and political insecurity are major

drivers for Ethiopians and Somalis to the Gulf, where they hope to find employment, better opportunities, and security.

However, migrants and refugees traveling along this route face violations of their human rights at every stage of the journey, with a high risk of being trafficked, kidnapped, or dying at sea on one of the busiest maritime mixed migration routes in the world.

In addition, the fragile political situation in Yemen has opened up new avenues for smuggling operations and may lure refugees and migrants to travel with the perception of ease of movement through Yemen.

In reality, the deteriorating situation in Yemen has created new loopholes for strong trafficking networks and new opportunities to exploit refugees and migrants along this route.

Migrants also feel the impact of the deepening crisis in Yemen and are often impacted by the conflict and insecurity. Since 2017, Yemen's port city of Aden has emerged as a detention hub for Ethiopian and Somali migrants and refugees.

In early May 2019, around 5,000 people were known to have been detained during a peak period in detention in unsustainable conditions, including in a stadium.

Continued on page 60



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Continued from page 58

The takeover of Aden

It is unclear how the takeover of Aden in mid-August 2019 by Southern Yemen separatist forces – framed as a civil war within a civil war – will impact on migrants and refugees stranded there, or on future returns.

As active fighting continues in the intensifying and complicated war in Yemen, concerns are being raised for refugees and migrants traveling through Yemen and thousands of East African migrants and refugees who remain stranded or detained in areas around Aden.

Serious protection risks at every stage of the journey

Every year, tens of thousands of Ethiopians and Somalis travel through harsh terrain in Djibouti and Puntland to reach departure areas along the coastline where they can find boats to take them to Yemen.

Reports from Human Rights Watch and other groups also show increasing threats to migrants by trafficking and smuggling groups, lack of basic access to food, water, and medical services, and high risks of sexual violence and abuse for women

From there, they embark on a dangerous boat journey through the Red or Arabian seas to reach points along Yemen's coast.

Although 274 deaths were recorded on the sea journey to Yemen in 2018, far more migrants are likely dying on this route every year. However, it's when migrants and refugees arrive in Yemen that

YEMEN: Record numbers of refugees and migrants arrive amidst intensifying and complicated war

some of the most serious protection risks can occur.

Arbitrary and abusive detention, trafficking and other protection risks are increasingly prevalent for migrants and refugees arriving in Yemen.

Reports from Human Rights

Watch and other groups also show increasing threats to migrants by trafficking and smuggling groups, lack of basic access to food, water, and medical services, and high risks of sexual violence and abuse for women.

Watch and other groups also show increasing threats to migrants by trafficking and smuggling groups, lack of basic access to food, water, and medical services, and high risks of sexual violence and abuse for women.

Migrants and refugees have been rounded up in camps in Yemen pending deportation, with reports

that people have died in these camps. There are particular concerns for unaccompanied and separated children who may be more vulnerable to abuse as well as reports that armed groups are forcibly recruiting migrants to fight.

Migrants and refugees who make it to the Saudi border face more challenges, including dangerous and deadly border crossings, harsh detentions, and exploitation as undocumented or irregular workers. Further, in March 2017, Saudi authorities announced a crackdown on undocumented migrants, and IOM estimates that 300,000 Ethiopians had been deported back to Ethiopia by July 2019.

Those who return report extreme abuses in long periods of detention before they are deported. The Saudi Arabian government also recently moved to revoke visas for Ethiopian housemaids and cancel all work visas already issued for Ethiopians.

However, these moves don't seem to deter migration on this route – estimates show that migration from the Horn of Africa to Yemen has remained close to or over 100,000 people per year since the Saudi

deportations began in 2017, with record numbers arriving in the last few months.

Arabia and other Gulf countries) will continue even if the war intensifies.

Despite the risks, the potential opportunities for a better life push people to embark on this route, now more than ever. Further, more restrictions on legal options for work could actually increase mixed migration along this route, as recent trends suggest.

Over the next year, challenging political situations and large populations of internally displaced people in Ethiopia and Somalia could further stress limited services and economic opportunities at home, pushing more people to leave in search of jobs and security.

With a lack of viable legal options, many migrants and refugees set on finding work in Saudi Arabia and other Gulf countries will find other



What next?

How the ongoing conflict in Yemen will impact future mixed migration through the country remains to be fully understood.

The influx of people over the last few months indicates that mixed migration from East Africa to Yemen (and onwards to Saudi

and often unsafe routes to travel.

The deteriorating situation in Yemen will continue to create dangerous situations for migrants and refugees, however traveling through Yemen to reach Saudi Arabia will likely remain a dominant route in the months and years to come.



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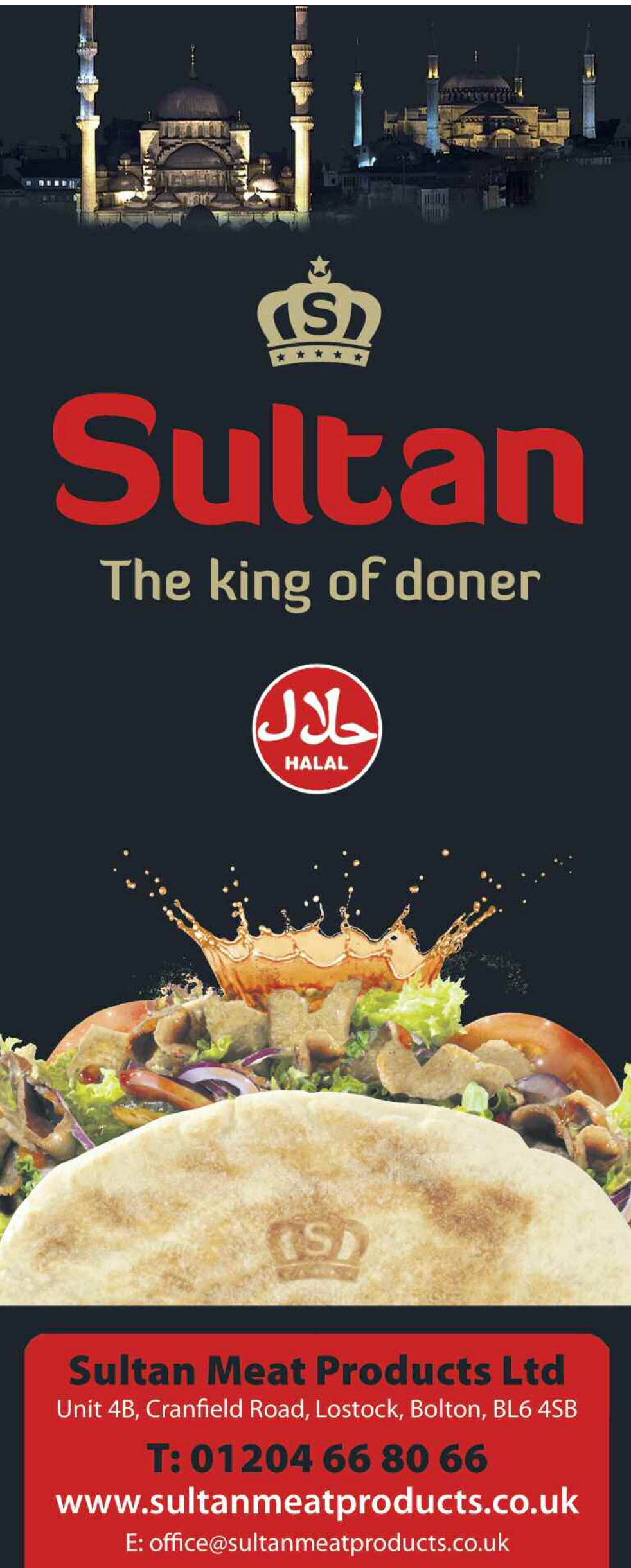


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English language test scammers have sentences increased

Two men who helped more than 1,000 UK visa applicants to fraudulently pass English language tests will be jailed for longer after Solicitor General Michael Ellis QC MP referred their sentences to the Court of Appeal.

Muhammad Bilal, 36, Mehboob Jilani, 33, and 3 other men ran 3 colleges in Manchester where non-EEA nationals could take an English language test to prove their proficiency when making UK visa applications. In these colleges, candidates would turn up to have their photograph taken for identification purposes, but Bilal and Jilani would have arranged for an English-speaker to take the test for them. On average,

candidates were charged £500 to take part in this scheme, and at least 1,134 tests were considered invalid as a result of cheating at these colleges.

Bilal and Jilani were originally sentenced for conspiracy to defraud to 2 and 4 years' imprisonment respectively at Burnley Crown Court in June 2019 in a case led by Immigration Enforcement Criminal and Financial Investigations. Today, the Court of Appeal increased Bilal's sentence to 4 years' imprisonment and Jilani's to 6 years. They were also disqualified from being company directors for 4 and 5 years respectively.

Commenting on the increase, the Solicitor General said: "English

language requirements help to promote integration, remove cultural barriers and protect public services. Bilal and Jilani helped hundreds of people to flaunt these requirements, justifying more significant custodial sentences."

Anthony Hilton, from Immigration Enforcement Criminal and Financial Investigations, said: "This ruling recognises the seriousness of the offences and sends a strong deterrent message to those who attempt to commit immigration crimes."

"In committing these crimes, Bilal and Jilani were enabling individuals to cheat their way to a qualification – and potentially a visa – to which they were not entitled."

Two men jailed for organised crime

Duo sold thousands of stolen laptops and mobile phones



Niaz Mohammad



Afiqu Chowdhury

Two men convicted of offences linked to their involvement in an organised criminal network have been jailed.

Both men, who are from east London, were linked to the network which was selling stolen mobile phones and laundering the proceeds.

Niaz Mohammad, 29, was found guilty of conspiracy to receive stolen goods, acquiring criminal property, and concealing, disguising, converting, trans-ferring, removing from the UK criminal property.

Afiqu Chowdhury, 29, was found guilty of conspiracy to receive stolen goods, converting criminal property (money laundering) and possession of criminal property.

Both men were convicted at Blackfriars Crown Court following a trial, and sentenced at the same court to five years' imprisonment on Wednesday, 28th August.

The convictions follow an investigation by officers from Operation Venice, the Met team dedicated to reducing moped-enabled crime in London.

On 7th April 2018, a suspect on a moped committed a mobile phone snatch theft in Springfield Road, NW8.

Unbeknownst to the suspect, the victim quickly enabled an anti-theft app he had installed on this phone, enabling him to remotely track it, take photos and make audio recordings.

During the trial, jurors heard several audio clips which capture Mohammad bargaining for a package of 16 stolen mobile phones.

The victim also used the app to take images of mobile phones suspected to be stolen inside a bag, an image of Mohammad dismantling the phones, and a photo of Mohammad as he was removing the sim card from the victims' stolen phone. This material formed a crucial part of the evidence in the case.

On 12th September 2018, warrants were executed at four addresses including Mohammad's home, family address, private business and a cargo shipping retailer. At his business address, officers discovered

notebooks containing details of hundreds of mobile phones and prices.

At the cargo shipping premises, records were obtained showing that over a period of years, Mohammad had shipped thousands of mobile phones, laptops and computers. The entire criminal network was conservatively estimated to be worth more than £1million.

The investigation led officers to Chowdhury who was part of the organised criminal network which handled stolen phones and other equipment, and laundered the funds generated from sale.

Chowdhury's bank accounts were analysed. This showed that between 2012 and 2018, he received £410,223.42 in cash and other credits, despite his declared gross income being approximately £8,000 during that period and there being no record of him being employed.

A warrant was executed at Chowdhury's address where he was arrested. During the search a similar notebook containing phones with prices was found, and alongside this a number of stolen phones and other items later confirmed to have been stolen were found in his property.

Detective Inspector Steven Brownlee, of the Operation Venice investigation team, said: "Mohammad and Chowdhury sought to profit financially from the loss of others by handling and selling on what they knew to be stolen phones, many of which would have been obtained as a result of robberies and thefts. Their illegal business would have created a demand for stolen phones, which would have in turn contributed to more crime and facilitated others profiting from it."

"The investigation showed that they were the main players in a handling ring that generated hundreds of thousands of pounds in criminal revenue. The jail sentences they have received reflect the severity of their offending."

"Operation Venice officers are working day in, day out to tackle moped-enabled crime and catch offenders. In this case, our investigation took us beyond those stealing the phones."



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With so much choice, buying a new bed can

be more confusing than many realise, and mattresses are among the biggest regretted purchases, so it's worth spending a little bit of time researching what bed most suits your needs before making a decision.

To help consumers navigate and understand all the options, the National Bed Federation (NBF) has produced a handy online Bed Buyers Guide. With so much choice, we know

that many consumers are confused, it should point you in the right direction for a good night's sleep.

It's a useful resource that not only explains how different mattresses are filled, but also offers advice on choosing the right bed for the right person and questions to ask retailers.

A poll of 2,490 people by interiors specialists Hilarys put mattresses at the top of

the list of household product consumers most regretted buying. They found 29% regretted their purchase, compared to 25% for sofas and 19% for coffee machines.

The NBF's Bed Buying Guide is available from www.bedfed.org.uk/bed-buyers-guide/suppliers.

Continued on page 70



A poll of 2,490 people by interiors specialists Hilarys put mattresses at the top of the list of household product consumers most regretted buying

The Top 10 Dog Beds by SCRUFFS®

Whether you have a huge Saint Bernard, a leggy Lurcher or a tiny Shih Tzu, and you need a compact, den-like bed for hounds who like to feel snug and cosy or maybe something spacious and comfortable for older canines who need support for their joints and who like to stretch - Pets Love Scruffs have lots of new dog bed must-have favourites for you to

choose from for your beloved pooch. Pets Love Scruffs get the perfect balance between durability, comfort and value for money in various sizes, shapes and materials to suit all breeds... and if needed, medical requirements.

Here are our top 10 favourite dog beds (some are great for cats too) by Pets Love Scruffs, guaranteed to make your dogs tail wag!

1) The Scruffs Rustic Bed Collection £44.99, (Driftwood, Charcoal and Antique colourways)

The Scruffs Rustic beds are produced using contemporary wooden box, with a lowered curved entrance for easy accessibility. The box is accented with a stylish 'worn brass' Scruffs logo, and has carry handles on each side. A super-soft faux rabbit fur inner cushion sits neatly inside the box, to provide the ideal environment for your pet to relax. For practicality, the inner cushion is machine washable. These beds are predominantly designed for small dogs and cats, they are available in a variety of colours, 45cm x 38cm.



2) The Scruffs Habitat Bed Collection £39.99, (Chocolate, Cloud Grey, Blush Pink and Pearl White colour ways)

The Scruffs deluxe Habitat beds are produced using a luxurious felt fabric, this is constructed using a lattice technique to form the outer bed. The beds are finished with a faux leatherette Scruffs logo. A super-soft faux fur inner cushion lines the bed, providing a snug environment for your pet to dose. For practicality, the inner cushion is machine washable. These beds are predominantly designed for cats and miniature breeds of dogs, they are available in a variety of colours, 45cm.



3) The Scruffs Haven Collection £44.99, (Chocolate and Cloud Grey Colourways)

The Scruffs Haven beds are produced using a soft felt rope, woven to form the tapered shape of the outer basket. Each basket is complete with a faux leather Scruffs logo tag. Inside the basket, an inner cushion provides a snug environment for your pet to dose. The cushion is made with super-soft faux fur and can be removed for washing. These beds are predominantly designed for cats and miniature breeds; they are available in a variety of colours.



4) The Scruffs Ellen Collection, from £34.99 (Grey, Tan, Pink Colourways)

The Scruffs® Ellen dog bed collection (donut and mattress styles) is produced using a textured faux fur, with a contrasting tweed outer cover. The beds sleep area has been lined with a luxurious plush fur, providing warmth & comfort. Each bed is finished with a soft-feel Scruffs logo on the front of the bed, comes in medium and large sizes.



5) The Scruffs Thermal Collection from £13.99 (Black and Grey, Brown and Tan)

The Scruffs® Thermal, self heating pet beds are an ideal choice to keep your pet warm on those cold winter nights. Each bed contains a foam layer, backed with reflective foil. This layer is sandwiched between quilted polyester fibres and the beds main fill, it reflects body heat back to your pet, keeping them warm. The quilted hollow fibre lies beneath a super soft fleece cover this layer holds warm air around your pet providing added insulation. The box beds feature a one-piece construction providing greater support and durability; they are filled with a 100% recycled green-fibre fill with unmatched cushioning, resilience and insulation characteristics - all sizes.



6) The Scruffs Snuggle Blanket, £21.99 (Burgundy, Chocolate Brown, Navy and Tan)



The Scruffs Snuggle Blanket is a great gift for any dog owner. The reversible design provides a soft, plush lining for cold snuggle days and a faux suede cover for warmer days. The blankets' hollow fibre core means however you decide to use the blanket your pet will remain comfortable. The Snuggle Blanket measures 110 x 75cm (43in x 29.5in) and is machine washable.

7) The Scruffs Expedition Collection

The Scruffs Expedition Box Beds are the ideal solution for dogs that enjoy outdoor pursuits such as beach walking and muddy forest trails. These beds are produced using a heavy-duty, 600-denier fabric, providing a robust, durable outer cover. The reverse side of the fabric is coated with a 100% water resistant backing to prevent the ingress of water. The centre cushion of the bed forms an integral section, maximising the beds strength and durability. The Scruffs Expedition pillow bed is part of our MEMORY series of orthopaedic pet beds. The bed is filled with crumb memory foam, these dense particles mould to the dogs' shape, achieving an ultimate level of support.



8) The Scruffs Insect Shield Collection, from £19.99 (Taupe colourway)

Scruffs have partnered with Insect Shield to develop a collection of pet bedding and accessories, using Insect Shield built-in insect protection. The active ingredient is odourless and invisible, effectively protecting your dog against: Mosquitoes, Fleas, Ticks, Flies & Ants. The bed selection includes padded crate mats, walled dog beds and mattresses, come in all sizes.



9) The Scruffs Chester Selection, from £29.99 (Chocolate Brown/Graphite Grey Colourways)



The Scruffs Chester dog bed collection consists of the box beds or mattresses in various sizes, the range has been produced using a rich chenille fabric to upholster the outer of each bed. Luxurious, super-soft short pile plush lines the beds sleep area providing a snug environment for your pet.

10) The Scruffs Memory Foam Collection - various

The Scruffs MEMORY collection of orthopaedic pet beds has been designed predominantly for larger breeds or pets that require more support for their joints, back or body. Scruffs have various styles such as the Chateau box bed, from £49.99, ArmourDillo robust dog bed, from £99.99, Hilton Orthopaedic mattress, from £59.99 and many more... visit petlovescruffs.com for more Memory options.



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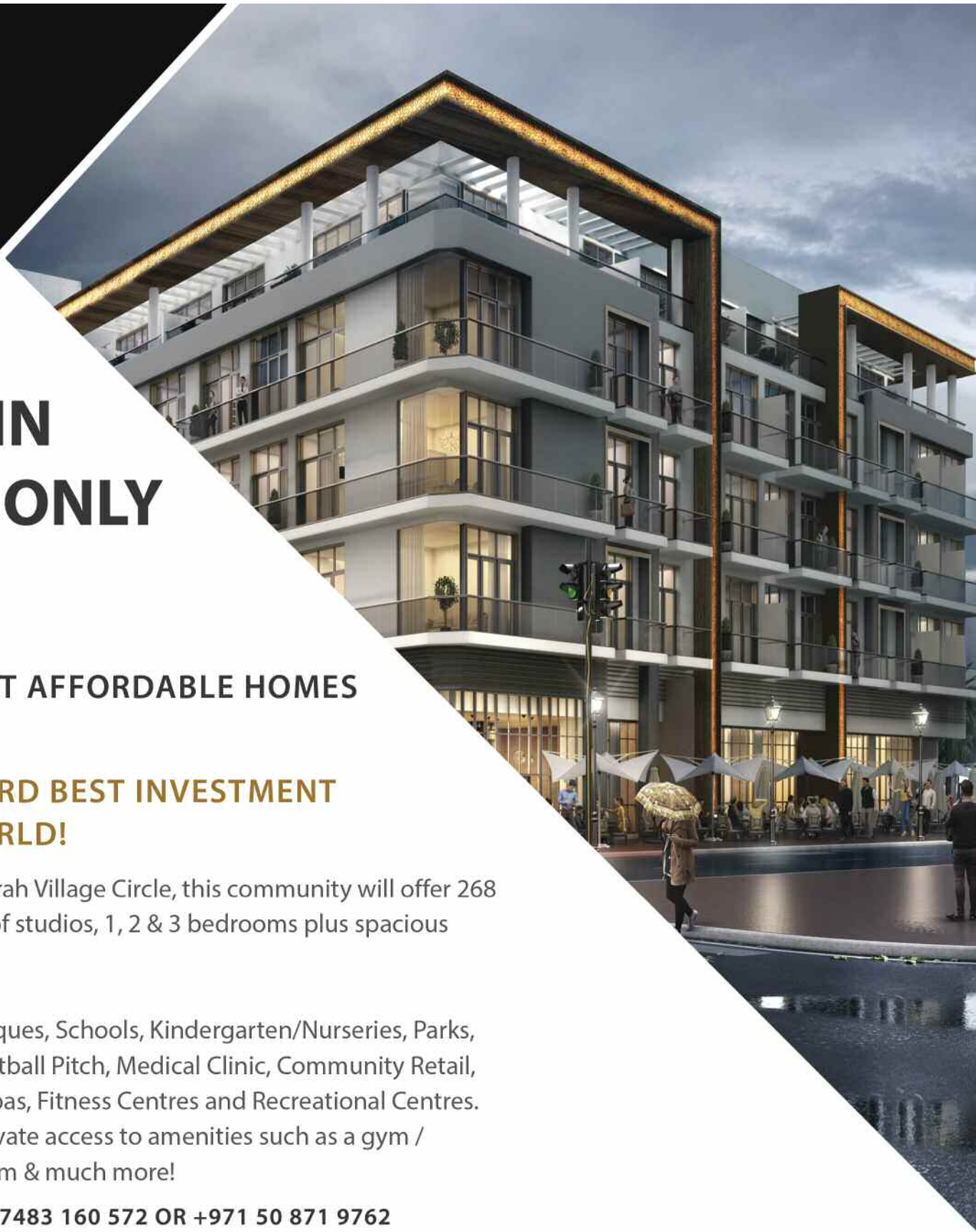
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Buying a new mattress?

Quick bed buying tips

Continued from page 65

- Do your research before you step inside the shop. Think about what your priorities/concerns are. Is it price, storage, access to the bedroom, mattress type or health issue? Make sure your retailer understands your needs.
- It's always a good idea to buy a mattress and base together as they are designed to work in harmony. However, if you only want to replace your mattress, make sure you measure your base first as bed sizes are not standardised, even if they have the same name (e.g. king size). Speak to your retailer to find out if the mattress suits the base. Also, be aware that your guarantee may be invalid when putting a new mattress on an old base.
- Try it! It may sound obvious but get on the bed and see how it feels. Don't be afraid to spend at least 10 minutes lying on the bed in your normal sleeping position. If you'll be sharing the bed, make sure you take your partner with you and try it out together.
- Ask how to look after the mattress. The retailer should be able to provide you with care instructions for the bed. For example, this will include details of how often you need to turn or rotate the mattress. If you live on your own, you may want a 'no-turn' mattress.
- While most beds sold in the UK are 'as described', not every manufacturer or retailer is honest, and some do sell beds with inaccurate descriptions of fillings, or even worse - second hand mattresses with a new cover. One way to be sure that what you are buying is safe, clean and as described is to look out for the 'NBF Approved' label. NBF members are independently audited to ensure they comply with flammability, hygiene and trade descriptions regulations.
- For partners of widely different size or weight (three stones or more), different mattresses might be a good option. Some manufacturers make double beds from two single mattresses zipped together or combine different degrees of firmness in a mattress.

Naturally luxe confections from Cake Beauty

Something sweet has arrived in the UK.

Introducing totally to-die-for, naturally luxe, cruelty free hair care products from iconic Canadian brand Cake Beauty, available exclusively at Boots in store and online.

Cake Beauty is a blend of playful indulgence with naturally inspired ingredients.

From decadent textures to sensorial fragrances, every product is created and

designed to give the soul what it needs and the heart what it wants. Because a girl shouldn't have to choose between natural and girly greatness.

Cake Beauty was founded by Canadian born Heather Reier, whose passion for playful indulgence and naturally inspired ingredients created the sweet legacy called Cake, including a hair care assortment of 15 confections that are now making their way to the UK.

Guided by its five founding principles: Created in Canada, no animal testing, 100% Vegan, naturally luxe and totally-to-die-for, Cake has taken both Canada and the US by storm, quickly becoming a cult favourite beauty brand loved for its delectable textures, naturally inspired formulas and affordable offerings.

All products are cruelty-free and vegan, free of parabens, phthalates and GMOs.



The Mane Manager: 3-in-1 leave-in conditioner £8.99

This triple-action formula is a post-shower leave-in, daily moisturiser and style refresher for softer, better looking hair. Driven by natural ingredients, this special blend works like a dream on damp or dry hair to detangle, hydrate and revive your locks with seriously-smooth, feather-light body. Revamp your get-ready routine and take your hair from drab to so-fab, without the harsh chemicals. Cruelty-free and vegan. **Stockist: Boots**

The Curl Friend: Curl Defining Cream £8.99

This totally to die for defining curl cream fights frizz and leaves your curls feeling revived. This savvy styler wraps each tendril in a veil of silky-moisture for glossy, defined, frizz-free curls. With the help of a trio of natural butters and oils, this feather-light formula treats your hair as it styles, transforming unruly curls into tame, polished perfection, without the harsh chemicals.

Stockist: Boots



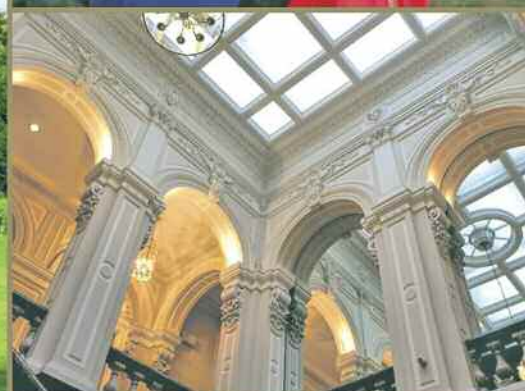
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5 Rug Trends to Know

Do you feel baffled by the enormous choice of rugs available and need some style direction? Then take inspiration from our buyer's guide to rug designs and find the look that suits you and your home. We've separated them into five trends that are hot right now, making your design decisions a little easier. Use this nifty buyer's guide to help you define the rug style that's just right for you and your home.



Berber Rugs

Combining a traditional pattern with a contemporary finish, this look is an enduring style classic

Layer Up

Add one or more statement rugs to any flooring and let them overlap for added texture



Chevron Pattern

This upbeat design will inject your home with energy and vibrance



Geometric Designs

Fun, lively and a little playful, these rugs will make a great addition to busy family spaces

Vintage Style

The subtle time-worn effect of these designs adds a sense of nostalgic charm





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Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

Bollywood superstar Ranveer Singh walked away from the NEXA 20th International Indian Film Academy (IIFA) Awards with two new accolades under his belt and made the exciting announcement that he will join Madame Tussauds' A-List line-up next year!

Best known for his roles in films including Padmaavat and most recently Gully Boy, the Forbes India Celebrity 100 regular walked away with the Best Actor gong and Madame Tussauds of the Future Award. Adding to the night's significance, the NEXA IIFAs glittering Homecoming Edition event, marking the illustrious awards ceremony's 20th year, took place in Ranveer's hometown of Mumbai.

A star-studded audience of Indian cinema's top talent – including Salman Khan, Vicky Kaushal, Madhuri Dixit, Katrina Kaif and Deepika Padukone – was there to see Ranveer accept his award and announce his upcoming figure.

On accepting the Madame Tussauds of the Future Award Ranveer said: "Wow, I'm damn excited. This is amazing. I remember as a kid I used to be an encyclopaedia geek and they used to talk about this mythical place called Madame Tussauds...I was going through my Mum's early pictures and I would say, 'Mum, where did you get a picture with The Queen?' and she would say, 'that's in Madame Tussauds London.' Since childhood it's always been a very mythical place for me so to be immortalised as a figure there is truly a very, very proud thing for me."

"When my wife's launch was happening my mother-in-law was like, 'come on now, you have to work hard if you want a figure of you also.' Mamma, we're going to London!"

Speaking to his wife, Deepika Padukone, from the stage, Ranveer added, "I'm going to figure out my pose, figure out my dress. It's going to be you and me baby, husband and wife at Madame Tussauds London – boom baby."

Steve Davies, General Manager at Madame Tussauds London, said: "Ranveer is the first 2020 figure that we have announced and what a way to start! We're privileged that Ranveer will be working closely with us to ensure the figure embodies his inimitable style and huge star power."

"Ranveer visited our attraction earlier this year for the unveiling of Deepika Padukone's figure. As Bollywood's most in-demand couple it will come as no surprise that we've been inundated with requests for Ranveer's figure to join his wife ever since!"

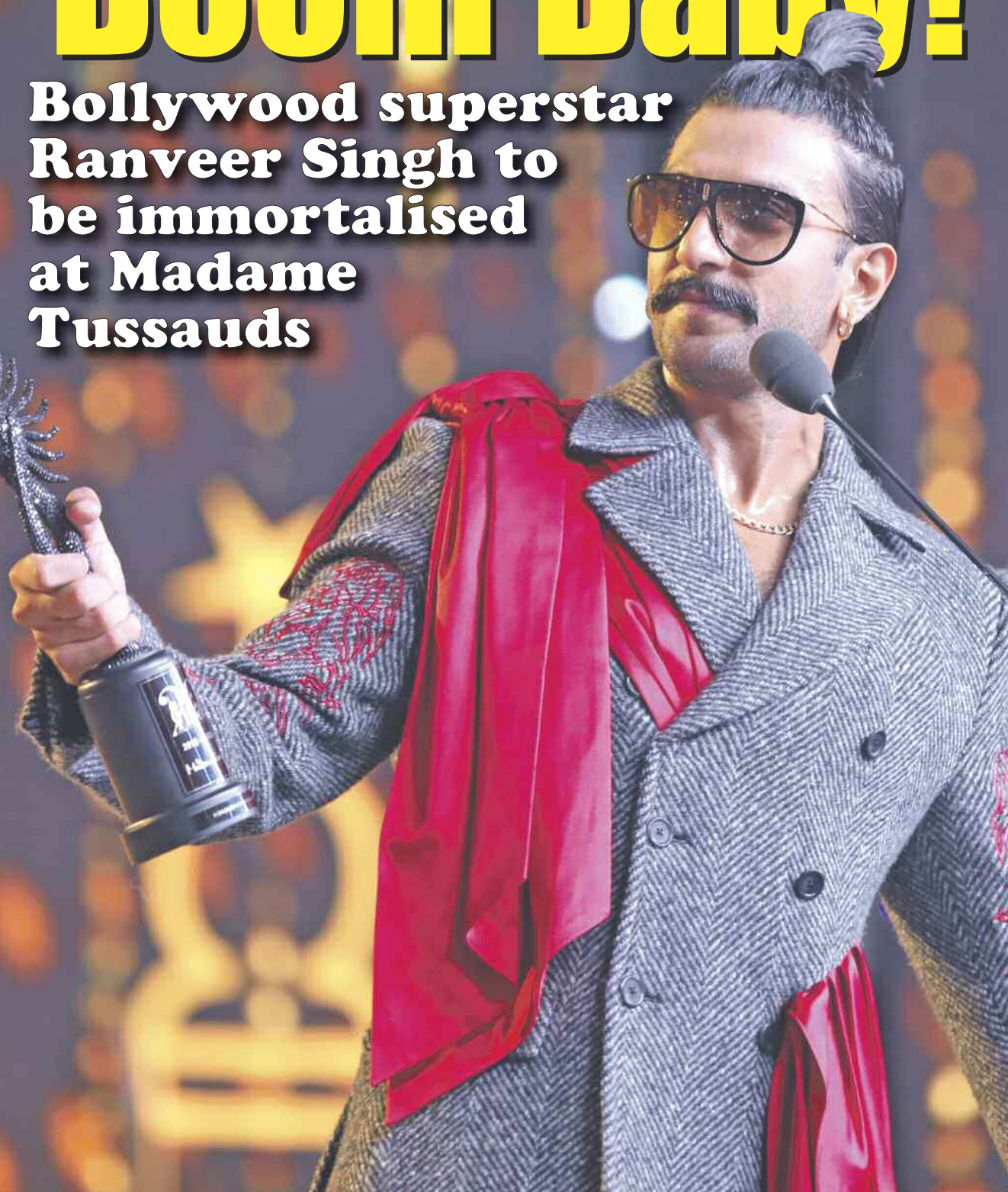
The world-famous attraction is remaining tight lipped about details surrounding Ranveer's figure until its arrival next year. The London launch will co-inside with the creation of a second figure for Madame Tussauds Singapore.

Andre Timmins, Co-Founder-Director- Wizcraft International, added, "IIFA has always been at the forefront in promoting Indian cinema in various facets and has always endeavoured to act in the best interest of the Indian Film Industry to build better avenues for community engagement, cultural exchange, business and trade, tourism and cinema ties. Since 2007, IIFA has been advocating the environmental agenda having launched the concept of 'greening the IIFA's' with bright green carpets instead of traditional red ones to planting trees, to partnering with United Nations and multiple charity organisations to make a difference to our home, our world. We are thankful for the industry who has helped and supported us during our 20 year old journey that has made IIFA a global phenomenon. And for our homecoming edition we celebrate another successful year for IIFA and Indian cinema we are sure that it will be Magical memorable experience for all."

For tickets and information please visit www.madametussauds.com/London.

'Boom Baby!'

Bollywood superstar Ranveer Singh to be immortalised at Madame Tussauds



Sanya Malhotra

to play daughter of female maths whiz in biopic

Directed by Anu Menon, Shakuntala Devi – Human Computer will have a summer 2020 release.

Known for taking the road less travelled, Sanya Malhotra has always opted for challenging subjects and interesting characters, be it her blockbuster debut film 'Dangal', 'Pataakha' or 'Badhaai Ho'.

Now the young talented actress has now been signed for yet another fascinating subject, 'Shakuntala Devi'. The film is a biopic of India's human computer, featuring powerhouse talent Vidya Balan in the title role.

Sanya will be essaying the pivotal role of Anupama Banerji, daughter of Shakuntala Devi, and she is very excited to be sharing the screen space opposite Vidya Balan for the first time.

Anupama recently gave the mahurat clap for the movie that went on floors in London recently. She was also thrilled to see Vidya in her late mother Shakuntala Devi's look and got quite emotional.

Sanya Malhotra said: "I am very excited to play the iconic Shakuntala Devi's daughter – Anupama Banerji.

"Everyone knows the achievements of the math genius

Shakuntala Devi.

"I'm thrilled to bring onscreen this dynamic mother – daughter relationship and equally thrilled to work with Vidya Balan. Also looking forward to my first association with Sony Pictures Networks Productions and Vikram Malhotra."

Director Anu Menon says, "When I met my namesake Anupama Banerji – Shakuntala's daughter, I went to find the story of a maths whiz. But through spending time with Anupama, I found the story of a woman who was not just a computer but human too!

"And I can't think of a better person than Sanya who can capture the love of daughter for her indefinable mother!

"Sanya instinctively understood the character and her journey – and I can't wait to start shooting with her. I think the audience will fall in love with both Sanya's and Vidya's characters."

While Sanya is currently prepping up for her role, she is expected to join the cast during the London schedule by the end of this month.

Shakuntala Devi is produced by Sony Pictures Networks Productions and Vikram Malhotra.



Millennial superstar Hrithik Roshan has just crossed 20 million followers on Instagram.

The actor has had an amazing year with his movie 'Super 30' which became a box office hit and now, he is gearing up for the release of his action flick 'War'.

Ever since the actor debuted, he has been a favourite of fans across the world for various reasons ranging from his exceptional dancing skills to his Greek-god like physique which has made him an icon.

Hrithik Roshan is one of the most sought after actors in the industry and has delivered some of the biggest hits over the years.

2019 was no different as his biopic on mathematician Anand Kumar 'Super 30' was not only a super hit at the box office but also has been critically acclaimed throughout the nation.

The superstar underwent a huge transformation from a teacher to a secret agent in his movie 'War' which is all set release in the coming weeks.

Hrithik Roshan recently topped the 'Top 5 Most Handsome Men in the World 2019' list.

The actor will now be seen next in the upcoming action-thriller WAR, with Tiger Shroff and Vaani Kapoor. The film is all set to release on 2nd October 2019.



Hrithik Roshan

crosses 20 million followers milestone on Instagram!

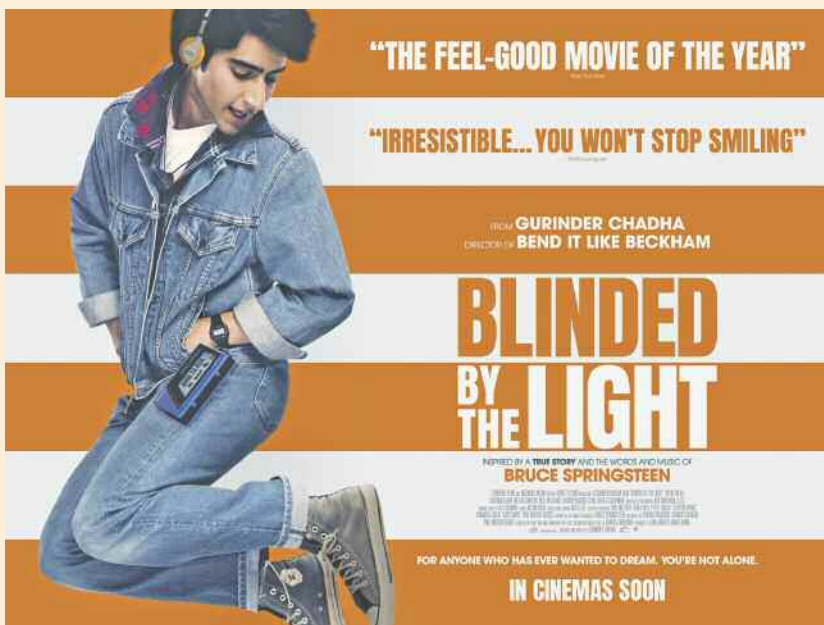


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HOLLYWOOD PREVIEWS



BLINDED BY THE LIGHT

STARRING: VIVEIK KALRA, KULVINDER GHIR, MEERA GANATRA, AARON PHAGURA, DEAN-CHARLES CHAPMAN, NELL WILLIAMS
DIRECTOR: GURINDER CHADHA

12A
CERT

Set in 1987, during the austere days of Thatcher's Britain, *Blinded By The Light* is a joyous, coming-of-age story about a teenager who learns to live life, understand his family and find his own voice through the words and music of Bruce Springsteen. The film is inspired by British journalist Sarfraz Manzoor's memoir 'Greetings From Bury Park.'



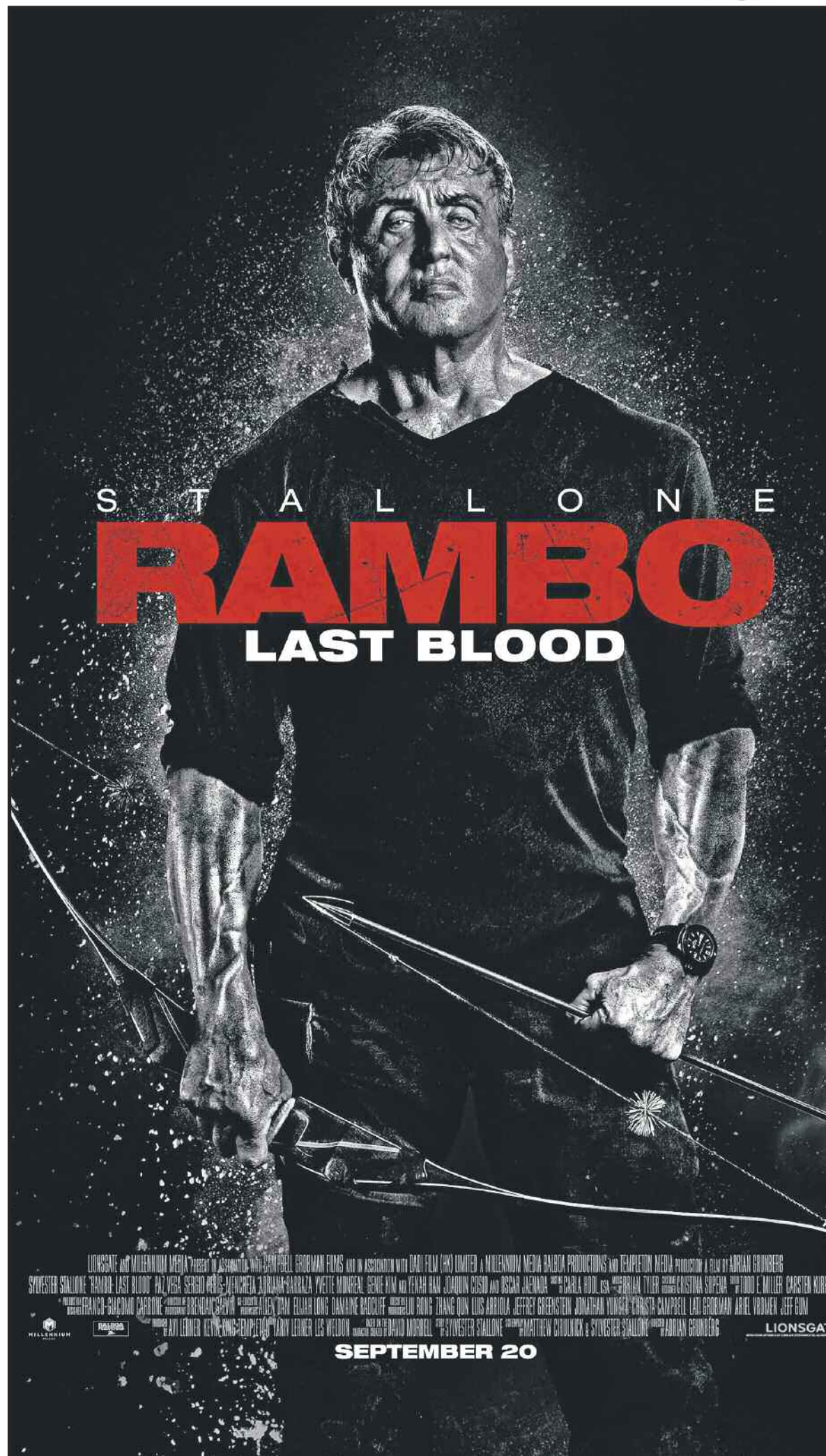
AD ASTRA

STARRING: BRAD PITT, TOMMY LEE JONES, RUTH NEGGA, LIV TYLER, DONALD SUTHERLAND
DIRECTOR: JAMES GRAY



12A
CERT

Astronaut Roy McBride (Brad Pitt) travels to the outer edges of the solar system to find his missing father and unravel a mystery that threatens the survival of our planet. His journey will uncover secrets that challenge the nature of human existence and our place in the cosmos.



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HOLLYWOOD PREVIEWS



RAMBO: LAST BLOOD

STARRING:

**SYLVESTER STALLONE,
PAZ VEGA, SERGIO PERIS-MENCHETA,
YVETTE MONREAL**

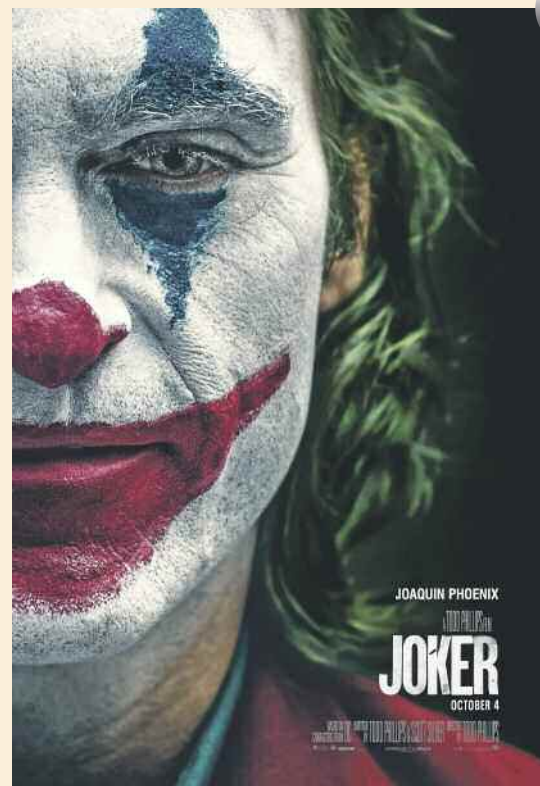
DIRECTOR: ADRIAN GRUNBERG

TBC CERT Almost four decades after they drew first blood, Sylvester Stallone is back as one of the greatest action heroes of all time, John Rambo. Now, Rambo must confront his past and unearth his ruthless combat skills to exact revenge in a final mission. A deadly journey of vengeance, Rambo: Last Blood marks the last chapter of the legendary series.

UK RELEASE DATE:
19/9/19

JOKER

**STARRING: JOAQUIN PHOENIX, ROBERT DE NIRO,
ZAZIE BEETZ, BILL CAMP, FRANCES CONROY**
DIRECTOR: TODD PHILLIPS



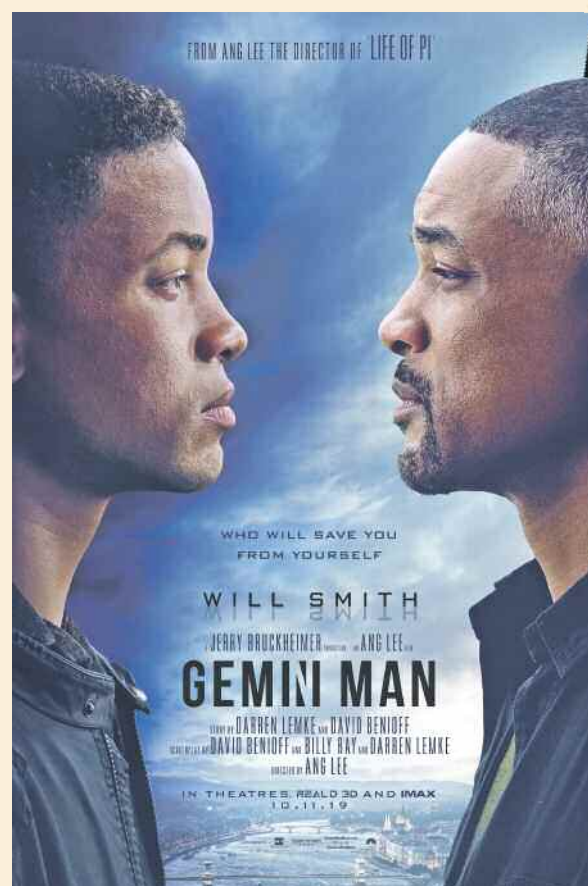
TBC CERT

Joker centres around the iconic arch-nemesis and is an original, standalone story not seen before on the big screen. The exploration of Arthur Fleck (Joaquin Phoenix), a man disregarded by society, is not only a gritty character study, but also a broader cautionary tale.

UK RELEASE DATE:
4/10/19

GEMINI MAN

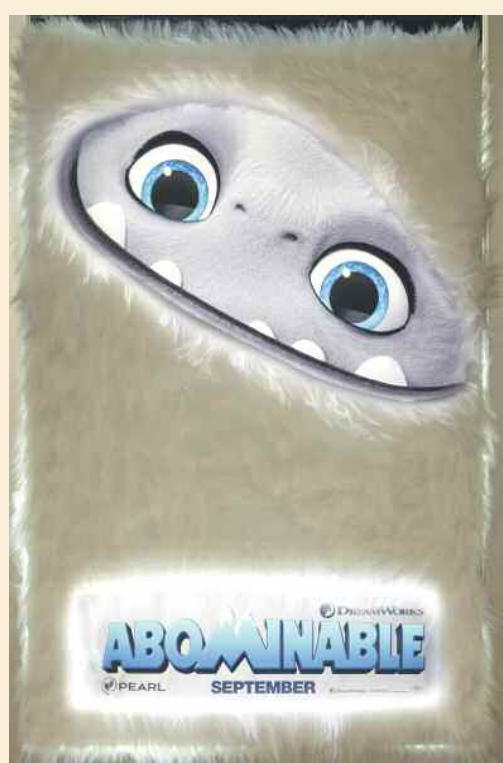
**STARRING: WILL SMITH, MARY ELIZABETH WINSTEAD,
CLIVE OWEN, BENEDICT WONG**
DIRECTOR: ANG LEE



TBC CERT

Gemini Man is an innovative action-thriller starring Will Smith as Henry Brogan, an elite assassin, who is suddenly targeted and pursued by a mysterious young operative that seemingly can predict his every move.

UK RELEASE DATE:
11/10/19



ABOMINABLE

STARRING: CHLOE BENNET, ALBERT TSAI, SARAH PAULSON, TENZING NORGAY TRAINOR, MICHELLE WONG
DIRECTORS: JILL CULTON & TODD WILDERMAN

When teenage Yi (Chloe Bennet, Marvel's Agents of S.H.I.E.L.D.) encounters a young Yeti on the roof of her apartment building in Shanghai, she and her mischievous friends, Jin (Tenzing Norgay Trainor) and Peng (Albert Tsai), name him "Everest" and embark on an epic quest to reunite the magical creature with his family at the highest point on Earth... But the trio of friends will have to stay one-step ahead of Burnish (Eddie Izzard), a wealthy man intent on capturing a Yeti, and zoologist Dr. Zara (Sarah Paulson) to help Everest get home.

PG CERT

UK RELEASE DATE:
11/10/19

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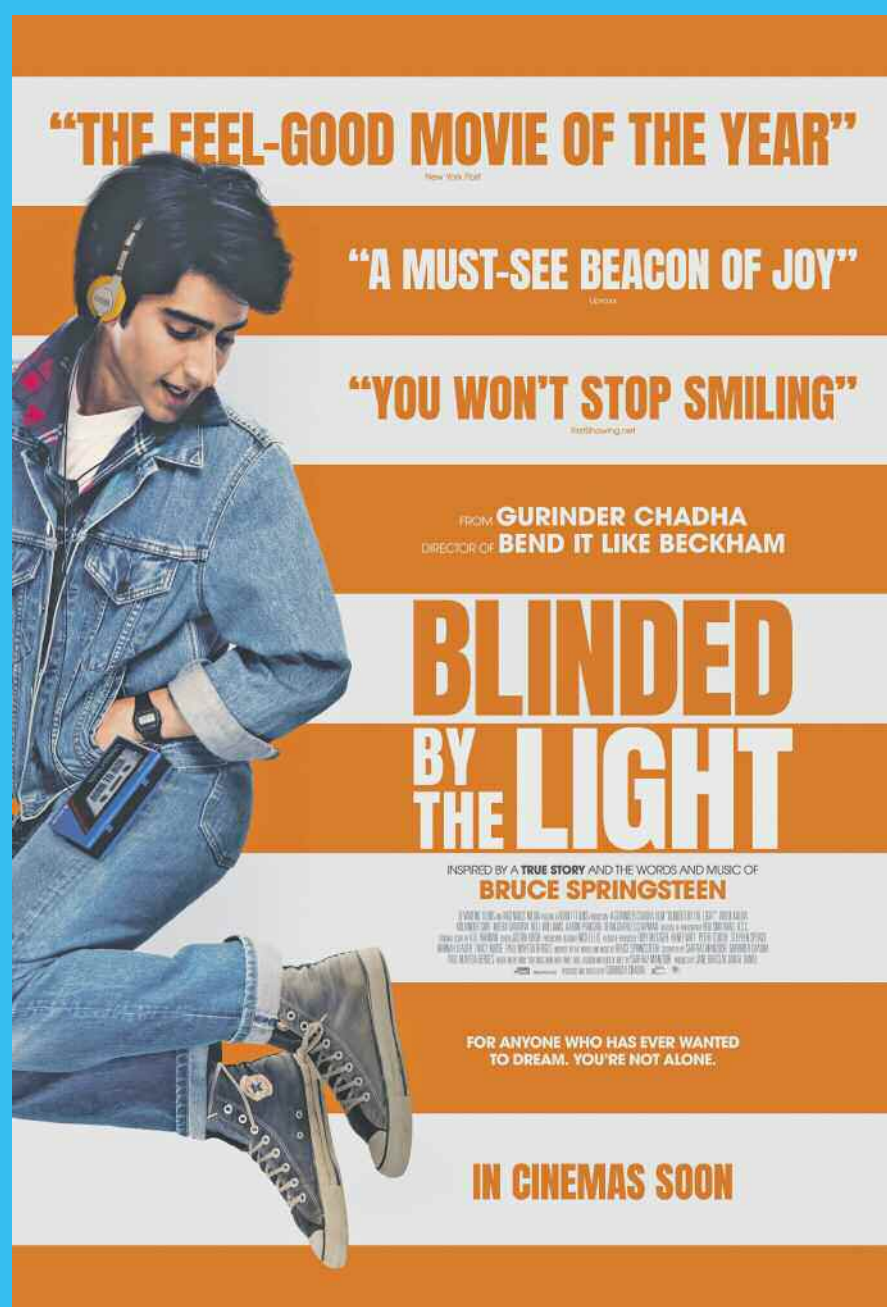
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2020 BMW 8-series Gran Coupe

BMW's ever-expanding lineup of 8-series models includes this sinewy four-door Gran Coupe, to complement the two-door coupe and convertible variants.

The 8-series Gran Coupe serves as

the halo vehicle for BMW's other four-door coupes, which includes the 4-series and the 6-series Gran Coupe models.

Continued on page 84

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A new app is tapping into the "gig economy" to empower members of the public to report parking infringements to their local councils, helping to ease traffic congestion and prevent the blocking of pavements.

The eFine app uses proprietary code and patent pending technology to effectively turn a mobile phone into a CCTV camera, forming part of a distributed CCTV network. When you spot a parking infringement, you start the app, video it, and eFine takes care of the rest.

The app user receives 25% of the infringement notice when it is paid to the council – meaning that as well as helping keep traffic flowing and the roads safe, they get rewarded for their efforts.

The eFine app was developed by brother and sister team Alex Mühlhölzl (COO) and Lisa Mühlhölzl (CEO) following Lisa's experiences travelling to and from work in London.

"I regularly got caught in a bus while traffic went from two way to one way due to an inconsiderately parked car on a narrow street," says Lisa.

"When we first floated the idea to friends and coders looking to put a demo together, we got told stories of their friends in wheelchairs or pushing buggies and the impact cars on footpaths had on them, their safety and general accessibility and mobility.

"This is basically an app to let local residents take back their streets."

The app lets a user know if they are in a partner council area before they record the infringement with the data being inaccessible by the user and is not stored on the user's phone either.

The video is sent and stored on an Azure system, meaning only the council associated with the infringement notice can see the video and decide if a fine should be issued.

While the app is aimed at anyone who spots parking infringements, Alex and Lisa anticipate that it will be especially appealing to the elderly, the disabled and/or people with young children.

The expectation is that the app will contribute much needed revenue for local councils, which can be put back into improvements to local roads and footpaths – many of which have suffered from neglect due to reductions in allocated funding.

"It addresses the need for better management of traffic flow, vehicle and pedestrian, without the huge costs that are incurred by councils having to hire enforcement staff or outsource the service," says Alex.

"We have a focus on traffic flow management, cars and pedestrians, and also pedestrian safety, and as such we are looking to prepare a template for councils that are looking to introduce pedestrian zones around schools without the financial burden of installing CCTV networks.

"We are also looking to support councils who are looking at the initiative of fining households for leaving rubbish or bins out for days or weeks. This rubbish is often scavenged by animals and creates an environmental problem and bins on the footpaths create pedestrian traffic issues for the disabled and those pushing buggies or trolleys and those on scooters."

The app will launch end of September and is compatible with smart phones and tablets with internet access. Alex and Lisa expect it to transform enforcement infrastructure in the UK, making people less likely to park in ways that are anti-social and potentially dangerous.

"The fact that anyone could be a parking inspector thanks to this app, means that people will think twice about parking illegally and if not, the chance of them getting penalised for inconveniencing others has increased significantly," says Alex.

Power to the people

New app to reporting illegal parking by residents set to launch in September



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Launch control

MY20 Nissan GT-R ready for take-off



The updated MY20 Nissan GT-R is now available to order with first customer deliveries commencing in November. Priced from £83,995, the legendary sports car – celebrating its 50th anniversary in 2019 – features a number of enhancements that optimise performance, improve handling and dial up the R35's iconic styling.

The GT-R's 570PS 3.8-litre V6 24-valve twin-turbocharged engine receives new turbochargers, which increase the engine's low rpm response thanks to an abradable seal, providing tighter clearances and a 5% increase in efficiency. Gear shifts are also 0.15 seconds improved when in R-Mode.

The electronically controlled suspension has been tuned to provide better cornering stability and a smoother ride. The steering is more linear and precise than ever, requiring minimal corrections at speeds of up to 186mph.

A new brake booster increases the initial braking response by engaging with less pedal stroke, resulting in enhanced stopping power and feel.

The exhaust manifolds, inspired by racing technology, have optimised turbo flange attachment points which allow for easier servicing without touching the exhaust manifold. There is also a new titanium exhaust muffler, featuring titanium finishers with burnished blue tips.

Retired since the R34 GT-R, Bayside Blue makes a return to the R35 GT-R line-up. Available to order from November, a four-coat double-heat treatment process ensures a vivid blue with striking highlights and deep shadows.

Stylish new 20 Spoke 20" alloy wheels have also been introduced.

In addition to the existing black, tan and red interior options on Prestige grade, there is now a new grey leather interior, replacing the outgoing ivory option.


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2020 BMW 8-series Gran Coupe

Continued from page 81

Just like the other Gran Coupe models of past and present, the 8 Series Gran Coupe is a four-door version of the 8 Series coupe it is based on. It's just as sleek as the two-door, but it's longer and more practical thanks to an additional pair of doors and more room for passenger.

It doesn't take more than a glimpse to notice that Gran Coupe is virtually identical to the regular 8 Series in the front. It has the same massive and sleek grille, slender headlamps with optional Laserlight technology, a sporty front splitter, and large air intakes in the bumper.

The Gran Coupe's profile is heavily based on the concept car showcased earlier in 2019.

From the nose to the B-pillars, the Gran Coupe is again identical to the standard 8 Series. It's the section from the B-pillars to the deck lid

that sets this car apart.

There's a longer wheelbase, rear doors, and a reshaped roof. The front section of the roof is a bit taller than the coupe's, while the front doors are shorter. This is far from unusual, as two-door coupes usually have longer doors than their four-door sedan counterparts.

The rear windows are obviously larger now and their design is not as sleek as the coupe's, which features smaller quarter windows. The roof line retains a coupe-style shape toward the rear, so the 8 Series Gran Coupe is not as boxy as the 7 Series. BMW also managed to keep the size and shape of the deck lid in place. It's good to have a solid deck lid against a legend like the Mercedes-Benz CLS.

Not surprisingly, the rear section looks identical to the standard 8 Series.

There's a big spoiler integrated into the trunk lid, slim, two-piece

taillights, vertical bumper vents to the sides, and a sporty diffuser with big exhaust pipes.

Size-wise, the Gran Coupe is obviously bigger than the two-door 8 Series. At 200 inches long, the Gran Coupe is almost 10 inches longer than the two-door version. Eight of these 10 extra inches go into the sedan's wheelbase, which comes in at 119 inches. The Gran Coupe is also 1.2 inches wider and sits 2.2

inches taller compared to the coupe.

Compared to its spiritual predecessor, the 6 Series Gran Coupe, the 8 Series Gran Coupe is only marginally bigger. Specifically, it's almost three inches longer and 1.5 inches wider. However, the 8 Series Gran Coupe is smaller than the 7 Series. The latter is 0.7 inches longer in regular trim and 6.2 inches longer in LWB spec.

The Gran Coupe is offered in both

840i and M850i xDrive guise, with the former being powered by a 335-horsepower 3.0-litre inline six and the latter a 523-hp twin-turbocharged V-8 engine.

It's all-wheel drive M850i coupe blasted to 60 mph in 3.3 seconds in a recent test drive, but official BMW estimates a zero-to-60-mph time of 4.9-seconds for the rear-wheel drive 840i model and 4.6 seconds with all-wheel drive.



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Romain Dumas breaks ascent time record

Volkswagen has achieved a major milestone with the ID.R in China – one that literally helps drive electromobility to new highs.

The carmaker's Romain Dumas completed 99 tight corners on the Tianmen Mountain road in 7:38.585 minutes – faster than ever before.

The ID.R currently holds the records on Pikes Peak (USA) and at the Goodwood Festival of Speed (GB), the electric lap record on the Nürburgring-Nordschleife (D), and now the fastest time for an ascent of Tianmen Mountain in China.

The car is the motorsport ambassador for the new, fully-electric range of vehicles from

Volkswagen, the ID. family, the first of which – the ID.3 – will have its world premiere on 10 September at the Frankfurt Motor Show.

"A new record on a truly spectacular road – Volkswagen and the ID.R have once again shown what the electromobility of the future is already capable of today," said Ralf Brandstätter, Chief Operating Officer of the Volkswagen Passenger Cars brand.

"A new record on a truly spectacular road – Volkswagen and the ID.R have once again shown what the electromobility of the future is already capable of today."

"Not only has it proven that electric cars like the ID.R can break established records and set new benchmarks, but the ID.R also shows how emotive and exciting the mobility of the future is."

"Tianmen Shan Big Gate Road" on Tianmen Mountain is a true test.

Romain Dumas approached the 10.906-kilometre 'China Challenge' to 'Heaven's Gate', which is a 131.5-metre natural arch, with respect and



courage. 99 hairpins, some with a radius of just six metres, followed by short sprints, fast winding sections with speeds of up to 230 km/h, and hard braking manoeuvres in extremely narrow tunnels. Dumas brilliantly overcame these extreme

challenges for any driver, setting a new official record in the process.

The ID.R is driven by two electric motors with a total system performance of 500 kW (680 PS), riding on tailor-made Bridgestone Potenza tyres.



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<div><div>GB</div><div>SHII AED</div><div><div>£1,000</div><div>TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div></div>	<div><div>GB</div><div>SYIISAF</div><div><div>£15,400 (S YUSAF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>TA55TEE</div><div><div>£5,000 T: 07740 784 983</div><div>privateplates@hotmail.co.uk</div></div></div>	<div><div>GB</div><div>UKIORD</div><div><div>£OFFERS</div><div>TEL: 07522 199 997</div></div></div>	<div><div>GB</div><div>W33DY K</div><div><div>£5,000 ONO</div><div>TEL: 07779 994 695</div></div></div>	<div><div>GB</div><div>WYIISAF</div><div><div>£15,400 (W YUSUF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>Y9 ALT</div><div><div>£30,000</div><div>TEL: 07525 817 453</div></div></div>	
<div><div>GB</div><div>SHII AFS</div><div><div>£1,500</div><div>TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div></div>	<div><div>GB</div><div>SYIISUF</div><div><div>£15,000 (S YUSUF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>TA55TYE</div><div><div>£5,000 T: 07740 784 983</div><div>privateplates@hotmail.co.uk</div></div></div>	<div><div>GB</div><div>UMM444R</div><div><div>£4,995</div><div>TEL: 07707 747 776</div></div></div>	<div><div>GB</div><div>W33NTD</div><div><div>£1,800 (WANTED)</div><div>TEL: 01202 877 038</div></div></div>	<div><div>GB</div><div>WYIISUF</div><div><div>£15,000 (W YUSUF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>YAIIMAD</div><div><div>£10,000 (Y AHMAD)</div><div>TEL: 07985 455 057</div></div></div>	
<div><div>GB</div><div>SHIAHZ</div><div><div>£5,000</div><div>TEL: 07921 576 971</div></div></div>	<div><div>GB</div><div>TOYSR</div><div><div>£15,000 ONO</div><div>TEL: 07973 787 934</div></div></div>	<div><div>GB</div><div>TA67 ETS</div><div><div>£6,000 ONO</div><div>TEL: 07908 472 121</div></div></div>	<div><div>GB</div><div>UYIISAF</div><div><div>£15,400 (U YUSAF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>W4JLD</div><div><div>£1,995</div><div>TEL: 07954 389 874</div></div></div>	<div><div>GB</div><div>X3 SINGS</div><div><div>£3,500 (SINGHS)</div><div>TEL: 07833 333 870</div></div></div>	<div><div>GB</div><div>YAIYYAA</div><div><div>£15,000 (YAYYAA)</div><div>TEL: 07985 455 057</div></div></div>	
<div><div>GB</div><div>SHII ANY</div><div><div>£2,000</div><div>TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div></div>	<div><div>GB</div><div>TIUUCS</div><div><div>£OFFERS</div><div>TEL: 07581 169 231</div></div></div>	<div><div>GB</div><div>TAHIR</div><div><div>£10,000 (TAHIR)</div><div>TEL: 07403 302 725</div></div></div>	<div><div>GB</div><div>VOIIRAS</div><div><div>£2,000 (VOHRA)</div><div>TEL: 07867 886 786</div></div></div>	<div><div>GB</div><div>W4KY R</div><div><div>£10,000</div><div>TEL: 07786 615 234</div></div></div>	<div><div>GB</div><div>X 7BY X</div><div><div>£1,500</div><div>TEL: 07767 778 798</div></div></div>	<div><div>GB</div><div>YEIICOM</div><div><div>£49,000 (YELL COM)</div><div>TEL: 07985 455 057</div></div></div>	
<div><div>GB</div><div>SHIIKEL</div><div><div>£4,995 ONO (SHAKEL)</div><div>TEL: 07863 845 709</div></div></div>	<div><div>GB</div><div>TI4 REK</div><div><div>£OFFERS (TARIC)</div><div>TEL: 07508 066 661</div></div></div>	<div><div>GB</div><div>TBIATT</div><div><div>£7,000 (T BHATT)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>VOIIVER</div><div><div>£6,500 (V OLIVER)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>W4LYT</div><div><div>£2,000</div><div>TEL: 07854 435 656</div></div></div>	<div><div>GB</div><div>XAL IIX</div><div><div>£15,000</div><div>TEL: 07733 244 444</div></div></div>	<div><div>GB</div><div>YDIIEEP</div><div><div>£7,000 (Y DILEEP)</div><div>TEL: 07985 455 057</div></div></div>	
<div><div>GB</div><div>SHII OBY</div><div><div>£1,000</div><div>TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div></div>	<div><div>GB</div><div>TI9 ARX</div><div><div>£OFFERS (TIGER X)</div><div>TEL: 07837 790 981</div></div></div>	<div><div>GB</div><td><div>TDIIEEP</div><div><div>£7,000 (T DILEEP)</div><div>TEL: 07967 193 033</div></div></td></div>	<div>TDIIEEP</div> <div><div>£7,000 (T DILEEP)</div><div>TEL: 07967 193 033</div></div>	<div><div>GB</div><div>V 4RFN</div><div><div>£1,000</div><div>TEL: 07967 193 033</div></div></div>	<div><div>GB</div><div>WAIIEEM</div><div><div>£15,000 (WAHEEM)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>X BAIG</div><div><div>£50,000</div><div>TEL: 07947 979 777</div></div></div>	<div><div>GB</div><div>YKIIMAR</div><div><div>£15,000 (Y KUMAR)</div><div>TEL: 07985 455 057</div></div></div>
<div><div>GB</div><div>SHIIPER</div><div><div>£15,000 (SHIPER)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>TILI 786</div><div><div>£1,500 ONO</div><div>TEL: 07974 179 156</div></div></div>	<div><div>GB</div><div>TERIK</div><div><div>£7,000 (T KING)</div><div>TEL: 07739 413 695</div></div></div>	<div><div>GB</div><div>V 44MJD</div><div><div>£850 ONO</div><div>TEL: 07803 012 253</div></div></div>	<div><div>GB</div><div>WAIISHA</div><div><div>£9,000 (W AISHA)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>X K04SER</div><div><div>£OFFERS</div><div>TEL: 07811 146 312</div></div></div>	<div><div>GB</div><div>YUIONES</div><div><div>£OFFERS T: 07754 852 402</div><div>no withheld numbers</div></div></div>	
<div><div>GB</div><div>SHIYLA</div><div><div>£10,000</div><div>TEL: 07969 914 041</div></div></div>	<div><div>GB</div><div>T44 RKK</div><div><div>£2,200 ONO</div><div>TEL: 07926 095 168</div></div></div>	<div><div>GB</div><div>TJIDGE</div><div><div>£15,500 (T JUDGE)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>VAIIMAD</div><div><div>£10,000 (V AHMAD)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>WAIITAD</div><div><div>£10,000 (WANTED)</div><div>TEL: 07778 881 126</div></div></div>	<div><div>GB</div><div>X KIIAN X</div><div><div>£2,700</div><div>TEL: 07786 087 155</div></div></div>	<div><div>GB</div><div>YVIIJAY</div><div><div>£10,000 (Y VIJAY)</div><div>TEL: 07985 455 057</div></div></div>	
<div><div>GB</div><div>SHI2ADH</div><div><div>£3,000 ONO</div><div>TEL: 07870 993 553</div></div></div>	<div><div>GB</div><div>T444BYS</div><div><div>£995 ONO</div><div>TEL: 07886 606 431</div></div></div>	<div><div>GB</div><div>TKIINGS</div><div><div>£14,000 (T KINGS)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>VBIATT</div><div><div>£7,000 (V BHATT)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>WAH330K</div><div><div>£2,500 (WAHEED K)</div><div>TEL: 07973 199 979</div></div></div>	<div><div>GB</div><div>XKIIMAR</div><div><div>£15,000 (X KUMAR)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>Y44SCR</div><div><div>£2,500 ONO</div><div>TEL: 07828 159 318</div></div></div>	
<div><div>GB</div><div>SHI2ANH</div><div><div>£3,000 ONO</div><div>TEL: 07870 993 553</div></div></div>	<div><div>GB</div><div>T8WHD</div><div><div>£15,000 (TAWHEED)</div><div>TEL: 07842 955 147</div></div></div>	<div><div>GB</div><div>TMIILES</div><div><div>£7,500 (T MILES)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><td><div>VDIIEEP</div><div><div>£7,000 (V DILEEP)</div><div>TEL: 07985 455 057</div></div></td></div>	<div>VDIIEEP</div> <div><div>£7,000 (V DILEEP)</div><div>TEL: 07985 455 057</div></div>	<div><div>GB</div><div>WAIJ33D</div><div><div>£2,995</div><div>TEL: 07793 628 670</div></div></div>	<div><div>GB</div><div>XSHIACS</div><div><div>£4,500 (X SHAKS)</div><div>TEL: 07985 455 057</div></div></div>	
<div><div>GB</div><div>SHI3 MLA</div><div><div>£5,000+ (SHIMMLA)</div><div>TEL: 07973 165 474</div></div></div>	<div><div>GB</div><div>T9RYK</div><div><div>£OFFERS</div><div>TEL: 07863 289 625</div></div></div>	<div><div>GB</div><div>TRII HAD</div><div><div>£2,500</div><div>TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div></div>	<div><div>GB</div><div>VSIISAN</div><div><div>£7,500 (V SUSAN)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>WASIF</div><div><div>£10,000</div><div>TEL: 07867 861 193</div></div></div>	<div><div>GB</div><div>XXIO MAR</div><div><div>£OFFERS</div><div>TEL: 07928 473 771</div></div></div>		
<div><div>GB</div><div>SH54ZHD</div><div><div>£5,725</div><div>TEL: 07802 183 450</div></div></div>	<div><div>GB</div><div>TAIATS</div><div><div>£1,500 (TALLAT)</div><div>TEL: 07867 886 786</div></div></div>	<div><div>GB</div><div>TSIISAN</div><div><div>£7,500 (T SUSAN)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>VYIISAF</div><div><div>£15,400 (V YUSAF)</div><div>TEL: 07985 455 057</div></div></div>				

<div><div>GB</div><div>5 NAS</div><div><div>£30,000</div><div>TEL: 07540 176 854</div></div></div>	<div><div>GB</div><div>CHIEFS</div><div><div>£20,000 ONO</div><div>TEL: 07786 615 234</div></div></div>	<div><div>GB</div><div>PIINEM</div><div><div>£2,995 ONO (PUNEM)</div><div>TEL: 07305 700 800</div></div></div>
<div><div>GB</div><div>ATT4H</div><div><div>£8,500 ONO</div><div>TEL: 07786 424 251</div></div></div>	<div><div>GB</div><div>K7 PPA</div><div><div>£3,995 ONO</div><div>TEL: 07890 201 854</div></div></div>	<div><div>GB</div><div>UK I IORD</div><div><div>£OFFERS</div><div>TEL: 07522 199 997</div></div></div>
<div><div>GB</div><div>H4 SSB</div><div><div>£12,995 ONO</div><div>TEL: 07440 766 843</div></div></div>	<div><div>GB</div><div>L99HOR</div><div><div>£OFFERS</div><div>TEL: 07850 706 930</div></div></div>	<div><div>GB</div><div>YA55EEM</div><div><div>£75,000 ONO</div><div>TEL: 07887 837 553</div></div></div>
<div><div>GB</div><div>J4 MEL</div><div><div>£15,000 ONO</div><div>TEL: 07870 496 535</div></div></div>	<div><div>GB</div><div>NOO2HAT</div><div><div>£2,000 ONO (NUZHAT)</div><div>TEL: 07813 011 702</div></div></div>	

<div><div>GB</div><div>A84DLA</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>AWA15S</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>F9TMA</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>K4HN.V</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>M44YAT</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>S4FTR</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>SHIFYK</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>
<div><div>GB</div><div>AI.2GGY</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>AWIIS.X</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>FAIIZAM</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>K4UR.X</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>MAI4RYA</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>S4JAO</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>SIDOFYN</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>
<div><div>GB</div><div>AAI2OMA</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>AY55HAS</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>FI2ANA</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>K44HNY</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>MAI4RYM</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>S4TPL</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>T4RAK</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>
<div><div>GB</div><div>AAI3EZA</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>BIG ACN</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>FI2LAT</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>KE55AR.B</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>MAQ4DAS</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>S500AAN</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>T4SDK</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>
<div><div>GB</div><div>AA55HAD</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>BAO.5HAN</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>FI7RAN</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>KA55YM.A</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>MEIIZAN</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>SAI4HYL</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>T5PAN</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>
<div><div>GB</div><div>ABIIDLA</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>BD5.7HUG</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>HIGFSA</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>KE55AR.J</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>MUIIAMO</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>SHO2ZEB</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>TIGYUB</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>
<div><div>GB</div><div>AI3BYD</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>BIG KNY</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>HIBSNS</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>KE55AR.X</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>NAI3ELZ</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>SHIIEZD</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>TI7LAT</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>
<div><div>GB</div><div>ADI4AAM</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>CHI4RCO</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>HAIIRUN</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>KHO9KAR</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>NAV330A</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>SHIIFEK</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>TA5IWAR</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>
<div><div>GB</div><div>ALIIMAH</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>CHI4TAS</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>HAI3EBB</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>KIOMHL</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>P44POO</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>SHIIKOR</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>TA54DAK</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>
<div><div>GB</div><div>ANIIAMS</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>CH JAT</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>JAI3ARZ</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>KI5HVR</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>RI4SYT</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>SHIIMEM</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>	<div><div>GB</div><div>TA54WAR</div><div><div>£OFFERS</div><div>TEL: 07522 173 297</div></div></div>
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Sikh man initiated Britain's first university sports hijab for Muslim women

In an applaudable move, Brunel University was the first to roll out a sports hijab for its Muslim sportswomen, and it all began thanks to its union president Ranjeet Rathore.

Brunel University, which is only one of four in the UK to offer a free sports programme, spotted a gap in the number of women taking part – and in particular those wearing hijabs.

It's hoped the move will help bolster traditionally-low sports participation amongst hijabi students.

"We noticed that there was a gap in female sports participation," said Ranjeet Rathore, President of the Union of Brunel Students, who has driven the hijab's introduction.

"When we narrowed it down, we found the main gap to be in BAME female sports participation – specifically, we found there to be a barrier to Muslim women taking part in team sport.

"Of course, they were participating in sports on their own and in private, but they weren't really going out to competitions, or using sport as a social tool to get involved in activities."

Rathore said the hijab – which covers the wearer's hair and neck, but leaves the face exposed – is made of

materials specifically designed for keeping the wearer cool, whilst respecting their religious beliefs. Traditionally, the hijab is made from cotton, and as a result can quickly become hot, sodden with sweat and uncomfortable when used for sport.

A 2017 study by Sports England reported that just 18% of Muslim women participate in regular sport, against 30% of the UK's female population as a whole.

"The new hijab is made of really light, high-quality material which is light on the head, and contains small pores which allows the skin to breathe more easily," said Rathore.

Initially the hijab will be available in two sizes and come in 'Brunel Blue,' although there are hopes to introduce a broader range of colours in the future. It'll initially cost £15, which is 40% cheaper than the sports hijab launched by Nike in late-2017.

Amongst those who will be wearing the new sports hijab is Faith Al Saad, a business management student at Brunel who says she's 'one-hundred percent confident' that sport hijabs will encourage more of her peers into sport.

Continued on page 90

■ **READY SET GO:** President of the Union of Brunel Students, Ranjeet Rathore who initiated the project for the sports hijab. Pictured here with hijabi members of Team Brunel





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Cycling clubs celebrate the UCI Road World Championship coming to Bradford

Cycling clubs from across the Bradford district will be getting together to celebrate the Yorkshire 2019 UCI Road World Championships Women Elite Road Race starting in City Park.

Over 15 affiliated and social cycling clubs from across the district have been invited by Bradford Council's Community Sports Development Unit to get together and celebrate this spectacular event coming to the area.

Members of the clubs will be cycling in to City Park in Bradford city centre on Wednesday

25 September arriving between 6.30pm – 7pm.

Each club has been invited to bring with them an item representing their club which will go on display for the UCI Road World Championships weekend.

Councillor Sarah Ferriby, Executive Member for Healthy People and Places, said: "We are really proud that Bradford has been chosen as the start for the Women Elite Road Race and we're also looking forward to the Men Elite Road Race which will be coming through the district and we want to do all we can to

celebrate.

"This is one of a number of events taking place in the district and I'd like to encourage everyone to take the opportunity to celebrate the UCI Road World Championships either by coming to an event or by lining the route and cheering on the riders."

The Women Elite Road Race of the Yorkshire 2019 UCI Road World Championships will set off from Centenary Square on Saturday 28 September. To celebrate there will be a free family friendly

event with music, entertainment and the official publicity parade, the caravan all centred around City Park in Bradford City Centre. There will also be a free event with family activities in Lister Park when the race comes through the park.

The Men Elite Road Race of the championship will come through Ilkley and Addingham on Sunday 29 September.

More information about the UCI Road World Championships in the district visit www.visitbradford.com/UCI2019.

Sikh man initiated Britain's first university sports hijab for Muslim women

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"It's great. Really lightweight, really easy to wear, really comfortable – it feels like you're wearing nothing on your head, which is amazing, especially when doing sports," said Faith, a keen gym-goer.

"The traditional hijab is basically a cloth you wrap around your head and then pin down. You can't really run in it, it'll literally fly off. The pins come out and it falls off – it's not comfortable.

"Especially in sports, you run, you sweat, you fall – the traditional hijab gets in the way. Wearing the sports hijab makes it ten-times easier, and I genuinely think it's a lifesaver."

Initially the hijab will be available in two sizes and come in 'Brunel Blue'

The Union of Brunel students now hopes that other universities will follow its lead and introduce their own sports hijab to further encourage greater participation.

Rathore said: "There are now other unis that want to partner with us, who want to take samples off us, who want to do their own hijab – which is great news."

ENCOURAGED: Business management student Faith Al Saad is 'one hundred percent' sure the hijabs will help encourage more Muslim women into sport





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Boxing & Fitness

Undercliffe boxer remains undefeated with impeccable win at Elland Road

Continued from page 92

About his technique, Ghaz said: "Naheem came to win, but my speed and agility was too much for him to land a shot. "I remained calm and was very selective with my shots and ensured my technique was sharp."

Proving too strong for Choudhry, Ghaz continued with the barrage of blows to his

opponent, taking him a step closer to going for a title shot. "With all the hard work and grit I have put into training, I have hit many milestones over the past few years. "My last fight was against a tough opponent, but it's allowed me to get one step closer to my title shot and I can't wait to see what the future holds for my career," said Ghaz. "I strongly believe I have the willpower, strength,

determination and physical ability to become a world-renowned boxer in the upcoming future."

Since his professional debut against Jason Nesbitt five years ago, Ghaz has come a long way in successfully proving his professional record. "I'd like to say a huge thank you to my sponsors, my trainers, my friends and my family for all their support. I'm nothing without them."



Ghaz's grit



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Ghaz's grit

Hamed Ghaz, a 23-year-old undefeated boxer, held onto his impeccable record after he secured a points victory over Blackburn's Naheem Choudhry.

The professional lightweight never ceases to impress, and this time he proved too good for his Blackburn opponent in the six-round contest at Elland Road in Leeds. Ghaz's latest win makes it a 'sweet 16' unbeaten victories.

Continued on page 91



■ POWER: Hamed Ghaz throws a barrage of blows at Naheem Choudhry

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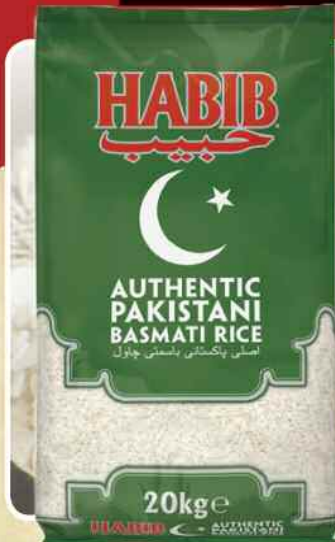
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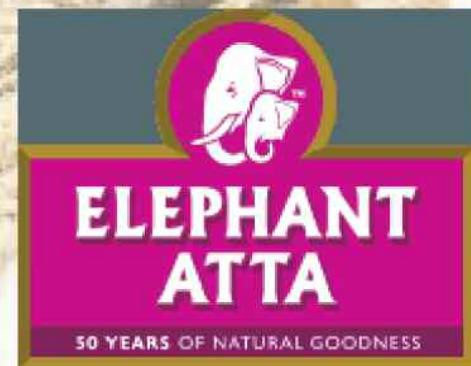
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